

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
W E E K D A Y S C H E D U L E	YOGA Kelly 8:30 am – 9:45 am <i>*Chair Yoga First Monday of Month</i>	ZUMBA Carrie 8:00 am – 9:00 am	YOGA Marietta 8:30 am – 9:45 am	ZUMBA Carrie 8:00 am – 9:00 am	YOGA Marietta 8:30 am – 9:45 am	W E E K E N D S C H E D U L E	YOGA Marietta 7:15 am – 8:15 am
		YOGA Kelly 9:15 am – 10:15 am		YOGA Zana 9:15 am – 10:15 am			LES MILLS BODYPUMP <i>(Instructor Varies)</i> 8:30 am – 9:30 am
							ZUMBA Karisa 9:45 am – 10:45 am
	ZUMBA Trey 5:30 pm – 6:25 pm	ZUMBA toning Mary Jo 5:15 pm – 6:10 pm	ZUMBA Karisa or Trey 5:30 pm – 6:25 pm	CIRCUIT toning Carrie 5:30 pm – 6:25 pm			
	LES MILLS BODYPUMP Tina 6:30 pm – 7:30 pm	YOGA Marietta 6:30 pm – 7:45 pm	LES MILLS BODYPUMP Tina 6:30 pm – 7:30 pm	YOGA Marietta 6:30 pm – 7:45 pm			

GETTING TO KNOW YOUR CLASSES



BODYPUMP is a high energy REAL weightlifting class. It is the original barbell class. By using a barbell and multiple size weight plates, you will work all major muscle groups. The music is highly motivating and energizing. You will achieve real results, real fast!



ZUMBA fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

FITNESS Features interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

TONING Combines body sculpting and high-energy cardio to create a calorie burning, strength-training dance party. Zumba Toning Sticks required.



YOGA exercise is a safe and low impact way to increase flexibility, increase blood flow, and tone muscles with a full body benefit to all major joints.



CIRCUIT TONING targets three aspects of fitness: cardio, strength and flexibility. Through simple and fun circuits, this class uses your body weight, hand weights and other various equipment to achieve fitness success. This class is adaptable to many levels of fitness and is meant to be a fun way to get in shape!

**Please be respectful of the class ahead of you. While it is great that you arrive early, please do not disturb any classes that may be finishing.*

Arrive at class at least 5 minutes before the start to get set up and to familiarize yourself with the format. Please make sure to bring a towel and water bottle with you.

If you are participating in BODYPUMP please be sure to wear proper athletic shoes that will allow you to move with ease and comfort.

A dance/fitness or court shoe with little or no traction is recommended for ZUMBA.



Hours of Operation: Monday - Friday: 5am - 9pm Saturday: 7am - 4pm Sunday: 7am - 2pm