FITNESS EXPERIENCE

	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM	REVVED UP AMY	SPIN AMY	REVVED UP AMY	SPIN AMY	REVVED UP AMY		
8 AM	OMNI – YOGA ASHLEY	YOGA STRETCH ASHLEY	OMNI – YOGA ASHLEY	YOGA STRETCH ASHLEY	OMNI – YOGA ASHLEY	TIGHT N TONE AMY	
9AM	SS CARDIO MEGAN	ZUMBA GOLD LINDA	SS CARDIO MEGAN	HEART BEATS LINDA	SS CARDIO MEGAN	X FACTOR JERNY	STRENGTH N TONE RUTH
10 AM	SS CLASSIC MEGAN	X FACTOR JERNY	SS CLASSIC AMY	X FACTOR JERNY	SS CLASSIC MEGAN	FUNCTIONAL FULL BODY TRAVIS	STRETCH N CORE RUTH
11 AM	SS CLASSIC MEGAN		SS CLASSIC AMY	SS CIRCUIT MEGAN		ZUMBA KRISTINE	
NOON				SS YOGA MEGAN			
5:30 PM	FUNCTIONAL FULL BODY TRAVIS	TIGHT N TONE AMY	ZUMBA KRISTINE	TIGHT N TONE AMY	STRETCH N CORE RUTH		
6:30 PM	ZUMBA LEXI	MALIBU BEACH BODY WORKOUT BARBIE	STRETCH N CORE RUTH	MALIBU BEACH BODY WORKOUT BARBIE			
7:30 PM							

Omni-Yoga:
This class is designed as a moving meditation with breath focusing on beginner poses in a vinyasa-style format; poses designed to help to control the mind, increase clarity, mental power, and overall concentration. Beginners welcome as well as those who have yoga experience.

Yoga-
Stretch: A more basic yoga that includes easier movements but still helps to relieve stress

Silver Sneakers (Cardio):
This is a fun fitness class meant to improve your cardiovascular health and increase your muscular endurance power with a standing circuit workout.

Silver Sneakers (Classic):
This class utilizes hand weights, resistance bands, and mobility balls to help develop upper and lower- body strength, increase balance, and overall flexibility in a chair based class format.

Silver Sneakers (Yoga):
This class is a chair-based yoga offering a variety of postures to increase flexibility, balance and range of movement; restorative breathing exercises and a final relaxation to help promote stress reduction and mental clarity.

Zumba Gold:
This dance class is designed for the older active adult. It uses music and dance moves as the traditional Zumba class. This class is taught at a lighter intensity so that even beginners can enjoy.

Revved Up:
This class will help to burn tons of calories using high intensity exercises. Diverse movements are used to help you feel refreshed and awake for the day.

Tight and Tone:
This class teaches total body fitness. It combines aerobic and strength training. A variety of techniques are used to establish programs that help you achieve your fitness goals.

Zumba:
Combines high-energy moves with a fusion of Latin and international music. This class is meant for participants to come and dance their worries away. This class is for everyone so come and have fun!

Functional Full-Body Strength:
This class focuses on complete body strength by utilizing resistance to maximize results, with fun exercises that can be incorporated into your own workouts. This class is great for those with a plethora of goals including but not limited to: gaining muscle, losing fat, overall toning, and increasing strength.

X Factor
This class combines the best of cardiovascular conditioning, muscular strength, balance challenge, and mobility to create a unique and time efficient workout. Participants will use steps, weights, tubing, and body weight to exercise each muscle group while keeping the heart pumping for maximum calorie expenditure.

Stretch and Core:
Learn the most effective way to develop flat abs and other core muscles. This class will also incorporate stretching. It will leave you feeling worked and relaxed.

Strength and Tone:
Using props and good music, this class makes the muscles work and the blood flow while moving to the beat.