

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6-7a Fitness Circuit w/Andrea		6-7a Fitness Circuit w/Andrea	
7-8am Fitness Circuit w/ Andrea	7-8:15a Circuit/Stretch FUSION w/ Pam	7-8am Fitness Circuit w/ Andrea	7-8:15a Circuit/Stretch FUSION w/ Pam	
				8:30- 9:30a BEGINNERS FITNESS w/ Andrea
9:30-10:30a YOGA w/ Hope			9-10a ZUMBA GOLD w/ Christina	
		10:30-11:30a YOGA w/Hope		10-11a PILATES w/ Gini
	11-12p PILATES w/ Casey			11-12P YOGA w/ Hope
5:30-6:30pm Fitness Circuit w/ Pam	5:15-6:15pm ZUMBA w/ Christina	6-7pm PILATES w/Tyrone	5:30-6:30p YOGA w/ Pam	
6:30-7:30p TRX w/ David	5:30-6:30p YOGA w/ Pam	6:30-7:30p TRX w/ David		

Class Descriptions

- **Fitness Circuit:** Beginner and Intermediate Levels. Full body strengthening program incorporating cardio endurance, resistive exercises, plyometrics, core stability, and flexibility.
- **Circuit / Stretch Class:** Beginner to Intermediate Level. Full body strengthening and stretching, with the use of weights, cardio equipment, and Yoga.
- **Zumba Gold:** Designed for an active older adult, beginner participant, or special needs population. This is a fitness class that provides full body strengthening and cardio workout with the use of aerobic exercise routines inspired by Latin dance.
- **Yoga with Pam:** Beginner to Intermediate Level. Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses.
- **Yoga with Hope:** Intermediate to Advanced Level. Vinyasa Flow Yoga is “breath-synchronized movement.” This style allows for a lot of variety including stretching along side strengthening movements.
- **TRX® (Total Resistance Exercise):** Suspension Training® exercises. This is a total body training and strengthening class that brings your performance to the next level.
- **Pilates:** An exercise system developed in the early 20th century focused on core control along side full body strengthening and flexibility. Designed to create a balanced body leading to physical and mental relaxation.
- **Beginners Fitness:** A perfect introductory course for anyone starting a fitness routine.