



May-August – GROUP FITNESS SCHEDULE

All Classes are free to Full Fitness Members
 (With the exception of a \$2 “Hot Fee” for Heated Yoga classes)
 Class may be cancelled due to low attendance



| | SUN | MON | TUE | WED | THURS | FRI | SAT |
|----------|-----|---|-----------------------------------|------------------|-----------------------------------|--------------|------------------|
| 8:30 AM | | Calm Warrior Yoga | | Yoga Peace | | | BODY PUMP |
| 9:00 AM | | Aqua Fitness | | Aqua Fitness | | Aqua Fitness | |
| 9:15 AM | | | BODY PUMP | | BODY PUMP | | |
| 10:30 AM | | | Senior Yoga | | Silver Sneakers Circuit | | |
| 4:30 PM | | BODY PUMP | | BODY PUMP | | | |
| 5:30 PM | |  | Pigs Fly Yoga BODY PUMP | | Pigs Fly Yoga BODY PUMP | | |
| 6:00 PM | | Hot Flow Yoga | | Hot Flow Yoga | | | |
| 6:15 PM | | Aqua Fitness | | Aqua Fitness | | Aqua Fitness | |

Class Descriptions:

Body Pump (LES MILLS): A rapid fat-burning class using barbells to give you the fastest way to tone/condition muscles! 60 min.

Aqua Fitness: Cardio and toning workout for swimmers and non-swimmers. Great for those new to exercise, looking for a low-impact workout, or working with limitations! 55 min.

ZUMBA: A fun Latin-inspired, easy-to-follow, dance fitness class. Various intensity levels, all ages and skill levels welcome! 55 min.

Yoga Peace: It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. Let’s work hard while smiling, having fun, and moving freely and creating positive energy to share with those with those all around us. All levels welcome- no expectations of any kind! Namaste.

Pigs Fly Yoga: A 45 minute class designed to challenge you without turning you into a pretzel. If you don’t wish to do yoga, but know it can benefit you- this is your class. Learn yoga basics through easy-to-follow methods and feel accomplished in a short amount of time!

Silver Sneakers Circuit: offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball.

Hot Flow Yoga: The Power Yoga sequence will help to build strength, increase flexibility, and find focus. This is a challenging Vinyasa series, meaning breath is linked to movement. Appropriate for all levels. Options given in each pose so that you feel challenged, yet successful.

Calm Warrior Yoga: The Calm Warrior is a vinyasa style class that incorporates restorative flows that lead into challenging active postures. The focus is on meditation through movement; a practice that links awareness to breathing, alignment, and inner wisdom. Prepare to leave the class feeling empowered, rejuvenated, and rested.

Senior Yoga: A 45 minute class to help you maintain flexibility, help promote healthy joints and help increase range of motion.

Hot Yoga classes are indicated in red. Postures are practiced in a heated room (approx. 85-95 degrees)