



September - December – 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
6:00 AM			Yoga Sculpt				
8:30 AM				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	Tighten & Tone	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.

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.

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

Yoga Sculpt: A high intensity class where vinyasa yoga and strength endurance training meet. Upbeat music, weights, and cardio bursts are combined to create a high energy and calorie torching full body workout.

Tighten & Tone: This hour long class consists of 30 min of heart-pounding cardio targeting excess body fat, followed by 30 min of various exercises that will assist in toning and sculpting your body.

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

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