



## January - April – 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			Yoga Sculpt		Yoga Peace		<b>BODY PUMP</b>
9:00 AM		Aqua Fitness		Aqua Fitness		Aqua Fitness	
9:15 AM		<b>BODY PUMP</b>		<b>BODY PUMP</b>			
10:30 AM		Silver Sneakers Circuit		Senior Yoga			
4:00 PM	Relax & Recharge Yoga						
4:30 PM		<b>BODY PUMP</b>	Core De Force	<b>BODY PUMP</b>		Core De Force	
5:30 PM			Pigs Fly Yoga <b>BODY PUMP</b>		Pigs Fly Yoga <b>BODY PUMP</b>		
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 Silver Sneakers 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.

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

**CORE DE FORCE:** is much more than a typical cardio class. It's and empowering core-focused workout, inspired by the highest-octane sport in the world - mixed martial arts. This workout combines authentic Boxing, Kickboxing and Muay Thai moves, explosive power moves and interval training that all engage your core, so you get in killer shape, incredibly fast!

**Relax & Recharge Yoga:** This 60-minute yin yoga style class is the perfect way to relax and recharge for the week ahead. Restore your body, mind, and spirit. Long holds and deep poses create space to discover stillness and peace within.

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