



## 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
8:30 AM					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	Silver Sneakers Circuit		
4:00 PM	VinYin Mix (Starts 10/7)						
4:30 PM		<b>BODY PUMP</b>		<b>BODY PUMP</b>			
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 (Starts 9/19)			
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:** A fun Vinyasa flow – We will work hard, move freely and create positive energy to share with those around us. ALL LEVELS!

**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.

**VinYin Mix** – Various instructors guide you through a mix of yoga styles. Experience the peaceful flow of Vinyasa or the deep stretch of Yin. This ALL LEVEL class will leave you relaxed and refreshed for the week ahead.

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