



Sept thru Dec - 2019 – 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			Fitness Flow Yoga				BODY PUMP
9:00 AM		Aqua Fitness		Aqua Fitness		Aqua Fitness	
9:15 AM				BODY PUMP			
10:30 AM		Silver Sneakers Circuit		Senior Yoga	Silver Sneakers Circuit		
4:30 PM		BODY PUMP		BODY PUMP			
5:30 PM			Pigs Fly Yoga BODY PUMP H2O Fit		Pigs Fly Yoga BODY PUMP		
5:45 PM							
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.

H2O Fit: An explosive cardio workout without the pain and strain on your joints! We work hard and have a blast!

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.

Fitness Flow Yoga: This 45 min Vinyasa-based class will help build strength, balance and flexibility. Traditional yoga poses blended with playful transitions, encourage both a strong yoga practice and a happy healthy YOU! Open to all stages of practice.

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