



**Jan 11 THRU Apr - 2021 – GROUP FITNESS SCHEDULE**

**\*All Classes are free to Full Fitness Members\***

**\*\*Class may be cancelled due to low attendance\*\***



	SUN	MON	TUE	WED	THURS	FRI	SAT
8:30 AM							<b>BODY PUMP</b>
9:00 AM		Aqua Fitness		Aqua Fitness		Aqua Fitness	
9:15 AM				<b>BODY PUMP</b>			
10:30 AM		Silver Sneakers Circuit		Senior Yoga	Silver Sneakers Circuit		
4:30 PM		<b>BODY PUMP</b>		<b>BODY PUMP</b>			
5:30 PM		<b>Hot Vinyasa Yoga</b>	Pigs Fly Yoga <b>BODY PUMP</b>		<b>BODY PUMP</b>		
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.

**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 Vinyasa Yoga:** Learning to flow from pose to pose and connect breath to movement. Including challenging poses with plenty of options to modify, so that all levels can come!

**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)\***