



## Sept 7 THRU Dec - 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
5:30 AM						<b>BODY PUMP</b>	
8:30 AM			Morning Prana		Morning Prana		<b>BODY PUMP</b>
8:45 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		Hot Vinyasa Yoga	Pigs Fly Yoga <b>BODY PUMP</b>		Evening Prana <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:** A flowing class connecting breath to movement. Including challenging poses with plenty of varied options offered, for all levels to enjoy!

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

**Morning Prana:** A 45-minute vinyasa class allowing you to mindfully use your breath and inner strength to build muscle tone, flexibility and balance as we stretch using all the muscles in our body. Open to all levels.

**Prana in the Evening:** A 60-minute class that follows a flowing action, building muscle tone, and a balance between strength and flexibility. We will have a strong emphasis on breath, our Prana, to give us power as we stretch and flow. Open to all with options to modify.

**\*Hot Yoga classes are indicated in red. Postures are practiced in a heated room (approx. 90-95 degrees)\***