

# CLASS SCHEDULE

- For all classes, please be sure to bring a towel and bottle of water
- Class descriptions on reverse side
- Effective January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Silver Sneakers</b> <b>8:00 am</b> Johnequa 1st floor classroom		<b>Silver Sneakers</b> <b>8:00 am</b> Johnequa 1st floor classroom	
<b>Step &amp; Sculpt</b> <b>8:15 am</b> Juanita 2nd floor classroom	<b>Spin &amp; Win</b> <b>8:15 am</b> Juanita Spin Room	<b>Step &amp; Sculpt</b> <b>8:15 am</b> Juanita 2nd floor classroom	<b>Circuit &amp; Strength</b> <b>8:15 am</b> Juanita 2nd floor classroom	<b>Step &amp; Sculpt</b> <b>8:15 am</b> Juanita 2nd floor classroom
	<b>Stretch &amp; Relax</b> <b>9:15 am</b> Dagmar 1st floor classroom		<b>Stretch &amp; Relax</b> <b>9:15 am</b> Dagmar 1st floor classroom	
<b>Circuit &amp; Strength</b> <b>5:30 pm</b> Juanita 2nd floor classroom	<b>Step &amp; Sculpt</b> <b>5:30 pm</b> Juanita 2nd floor classroom	<b>Step &amp; Sculpt</b> <b>5:30 pm</b> Juanita 2nd floor classroom	<b>Spin &amp; Win</b> <b>5:30 pm</b> Juanita Spin Room	<b>Step &amp; Sculpt</b> <b>5:30 pm</b> Juanita 2nd floor classroom
<b>Zumba</b> <b>7:00 pm</b> Maria 2nd floor classroom	<b>Zumba</b> <b>7:00 pm</b> Maria 2nd floor classroom	<b>Zumba</b> <b>7:00 pm</b> Maria 2nd floor classroom	<b>Zumba</b> <b>7:00 pm</b> Maria 2nd floor classroom	



# CLASSES AVAILABLE

## **Circuit & Strength**

A variety of exercises to improve muscular fitness and boost cardiovascular efficiency for your whole body. Combined with a strength-building workout that will boost your metabolism, this format incorporates total body conditioning into multiple “rounds” of exercises meant to challenge and excite you.

## **Spin & Win**

Enjoy a blend of low-impact dance aerobics and core-conditioning exercises for all fitness levels. Reduce your stress with a series of stretch and relaxation moves that increase joint range of motion and flexibility.

## **Step & Sculpt**

A lively, balanced, and effective workout that includes high-energy, low-impact floor or step aerobics, and body sculpting which strengthens and tone your muscles to improve coordination.

## **Silver Sneakers - Chair Strength & Cardio**

These classes focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, balls, and other equipment. Cardio classes get your heart pumping for cardio health and boosting your metabolism. A chair can be used for seated exercises.

## **Stretch & Relax**

Relax and rejuvenate as you stretch, breathe, and center your mind. The movements and postures in this class will improve your flexibility, balance, and strength.

## **Zumba®**

This class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. The Zumba® formula is 70% Latin music and 30% of anything else. A typical Zumba® class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, bellydance, bhangra.