

# GROUP FITNESS CLASSES

Group Exercise classes are free with a Full Link Membership for those 14 and older. Please register for each class at the Front Desk.

You will receive a card to show that you have checked in. Place that card on the floor in front of your chosen place in the Group Exercise Room.

If you are taking consecutive classes please let the Attendant know so they can give you 2 different colored cards.



## Group Exercise Schedule—February

Class Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
5:30-6:30 a.m.						
8-8:50 a.m.	Step & Tone		Step & Tone		Step & Tone	
9-9:50 a.m.						Zumba
10-10:50 a.m.	10:30 Exercise to Music*		10:30 Exercise to Music*		10:30 Exercise to Music*	Pilates 1st/3rd TRX 2nd/4th
11-11:50 a.m.						Yoga
6-6:50 p.m.	TRX		TRX	Belly Dancing^	*Seniors only please. ^Not a part of the Group Ex Package, must register in the class separately	
7-7:50 p.m.		Zumba		Zumba		

After you have enjoyed your class, please take a moment to clean, sanitize and store your equipment.

# Teacher Led Class Descriptions

**Exercise to Music:** designed for seniors and Medicare based programs. This class can still be challenging and rewarding. To double check that you are eligible for this class, please see the front desk before joining.

**Pilates:** Pilates is an all-level, low-impact system of movements based on Joseph Pilates' Classes work to use isolate muscle contractions and stretch to improve muscle tone, balance musculature, become more flexible and strong.

**Step and Tone:** This class offers a great cardio and strength workout. Creative and dynamic moves are incorporated in order to ensure a great caloric burn. Each session is perfect for improving cardio, toning muscles, and burning calories.

**Tone & Flow** This class starts with a full body toning with exercises modified for beginners and those ready for the next level. You will use a variety of equipment to help shape your arms, legs, etc. Then the session will transition into yoga stretch and rejuvenation to cool down.

**TRX:** A unique and fun suspension training system. TRX benefits everyone from fitness beginners to advanced athletes. Your instructor will lead you through movements that challenge and build strength, mobility, flexibility, balance as well as core fitness. And yes, FUN is a big component of these classes!

**Yoga:** Inhale energy, exhale tension. Get ready to relax with some deep stretches where we learn how to use our breath to ease tension in our body.

**Zumba:** Faster pace movement class built around incorporating Latin music with fun dance moves. Let this class take you away from boring exercise and work on improving your cardio and coordination. You do not have to be a dancer to get something out of this class.