

Fall Group Training Schedule

Time	Mon.	Tues.	Wed.	Thurs.	Fri.
6am	Rise & Shine Yoga w/ Natalie		Rise & Shine Yoga w/ Natalie		
12-12:35pm		Senior Strength Circuit w/ Dee Dee		Senior Strength Circuit w/ Dee Dee	
12:35-12:50		Walk-Fit w/Dee Dee		Walk-Fit w/Dee Dee	
12:15-12:50p	Back to Basics w/ Dee Dee		Back to Basics w/ Dee Dee		Pickleball Noon- 1:30pm
4:15pm	Yoga w/ Sarah		Yoga w/ Sarah		
4:30pm		Fitness Fusion w/ April		Fitness Fusion w/ April	
5-7pm				Pickleball	

Beginners are welcome in all classes and always encouraged to modify movements as necessary.

Class Descriptions

Rise and Shine Yoga	This is a 45 min yoga class to wake you up and get you ready for the day.
Back to Basics	Whether your starting out or starting over, we are revisiting some old school fitness that we all knew and loved. We will start at a lower level and increase intensity throughout the semester. We will do a variety of walk-fit , Step, functional movements, and toning exercises.
Senior Strength Circuit	This is a 40 min. circuit for all fitness levels. We perform movements for strength, mobility and balance. All ages and abilities are welcome.
Walk-Fit	This class is to help get you moving! We walk one mile in 15 min. No fancy choreography; just walking to the beat with a few simple movements thrown in. PERFECT FOR BEGINNERS! Starts immediately after Senior Circuit
Yoga	This is a 60 min. class is for the beginner/ intermediate yoga student. Session ends w/ 10-15 min. of relaxation.
Fusion Fitness	Fusion Fitness is the ultimate total-body workout, combining high-energy, easy-to-follow dance cardio with targeted, muscle-building weight training. This dynamic class is designed to burn calories, sculpt lean muscle, and improve your endurance, all set to an upbeat and motivating playlist.