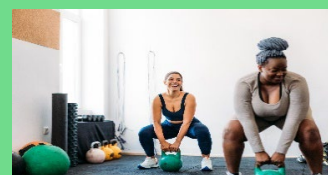




Fall Group Training Schedule

Schedule is subject to change based on attendance



Time	Mon.	Tues.	Wed.	Thurs.	Fri.
12-12:35pm		Senior Strength Circuit w/ Dee Dee		Senior Strength Circuit w/ Dee Dee	
		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		Zumba w/ Rosa		Zumba w/ Rosa	
5-7pm				Pickleball	

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

Class Descriptions

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. CLASS STARTS Sept. 3
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.
Zumba	Party Yourself into shape! The Latin inspired, dance fitness party! The most fun you will ever have while you sweat!