

Spring Group Training Schedule

Schedule is subject to change based on attendance

Time	Mon.	Tues.	Wed.	Thurs.	Fri.
12:15-12:50p	Intensity w/ Dee Dee	Senior Strength Circuit w/ Dee Dee or DIY Intensity	Intensity w/ Dee Dee	Senior Strength Circuit w/ Dee Dee or DIY Intensity	Pickleball Noon-1:30pm
4:15pm	Yoga w/ Sarah		Yoga w/ Sarah		
4:30pm	Intensity w/ Christian	Intensity w/ Christian	Intensity w/ Christian	DIY Intensity	
4:45pm				Zumba w/ Rose	
5-7pm				Pickleball	
7pm		Zumba w/ Rose			

Beginners are welcome in all classes and always encouraged to modify

Class Descriptions

Intensity	This class concentrates on functional movements to help you get in the best shape of your life. You will never perform the same workout two days in a row! Don't let the name scare you, beginners are welcome! DIY= Workout is on the board and you come workout at your convenience.
Senior Strength Circuit	This is a 35-40 min. circuit for all fitness levels. We perform movements for strength, mobility and balance. All ages and abilities are welcome.
Yoga	This is a 60 min. class is for the beginner/
Zumba	Party Yourself into shape! The Latin inspired, dance fitness party! The most fun you will ever have while you sweat! (45-60 minutes). Starts Jan. 23