

# Fall Group Training Schedule

## Classes start Tuesday, Sept. 5th

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 Power Circuit	Intensity w/ Dee Dee	Senior Strength Circuit w/ Dee Dee OR Power Circuit	Pickleball Noon-1:30pm
4:15pm	Yoga w/ Sarah		Yoga w/ Sarah		
4:30pm	Bellies w/ Dee Dee	Intensity w/ Dee Dee	Bellies w/ Dee Dee	Intensity w/ Dee Dee	
4:45pm	Power Circuit w/ Dee Dee		Power Circuit w/ Dee Dee	Zumba w/ Rose	
7pm		Zumba w/ Rose			

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

### Class Descriptions

<b>Bellies</b>	A 15 minute ab/ core class guaranteed to blast your belly!
<b>Power Circuit</b>	This is a 30-45 minute circuit class that utilizes functional movements to encourage both strength and cardiovascular conditioning. All levels welcome!
<b>Intensity</b>	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!
<b>Senior Strength Circuit</b>	This is a 35-40 min. circuit for all fitness levels. You can adjust exercises to be easier or more challenging. We perform movements for strength, mobility and balance. All ages and abilities are welcome.
<b>Yoga</b>	This is a 60 min. class is for the beginner/ intermediate yoga student. Session ends w/ 10-15 min. of relaxation.
<b>Zumba</b>	Party Yourself into shape! The Latin inspired, dance fitness party! The most fun you will ever have while you sweat! (45-60 minutes).