

FREE TO ANYONE!

No membership required!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45AM OUTDOOR BOOTCAMP JENNIFER AO WEST		6:00-6:45AM OUTDOOR BOOTCAMP JENNIFER AO WEST	6:00-7:00AM YOGA SHANNON DANCE STUDIO	
8:00-9:00AM AQUAFIT BETHANIE SPLASH CENTRAL	8:30-9:30AM YOGA IN THE PARK SHANNON AO WEST	8:00-9:00AM AQUAFIT BETHANIE SPLASH CENTRAL	8:30-9:30AM YOGA IN THE PARK SHANNON AO WEST	
	10:45-11:45AM FOREVER FIT BETHANIE DANCE STUDIO	8:30-9:15AM OUTDOOR TOTAL BODY LISA AO WEST	10:45-11:45AM FOREVER FIT BETHANIE DANCE STUDIO	10:00-11:00AM OUTDOOR TAI CHI SHERRY AO WEST
6:30-7:30PM ZUMBA® MELISSA DANCE STUDIO	5:30-6:30PM ZUMBA® JACQUI DANCE STUDIO	6:30-7:30PM OUTDOOR ZUMBA® MELISSA AO WEST	5:45-6:30PM OUTDOOR TOTAL BODY LISA AO WEST	
7:00-8:00PM OUTDOOR YOGA SHERRY AO WEST	6:30-7:30PM BARRE ABOVE® ANNETTE DANCE STUDIO	7:15-8:30PM YOGA RUPAL DANCE STUDIO	6:00-6:45PM POUND® ANNETTE DANCE STUDIO	
	7:00-7:45PM OUTDOOR BOOTCAMP DEVIN AO WEST		7:00-8:00PM BARRE ABOVE® ANNETTE DANCE STUDIO	

Please sign the waiver at each class.

AQUAFIT – A low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you do not have to be a swimmer to participate.

BARRE ABOVE® - A moderate intensity class fusing Pilates, yoga, and aerobics. Focus will be on improving posture, balance, muscle endurance, and flexibility. Classes may utilize the Barre, Pilates balls, gliding disks, stretch bands, and light dumbbells. Visit barreabove.com to preview a typical class.

BOOTCAMP – High Intensity, High Impact class that includes running and biking drills for cardiovascular endurance, body weight and weighted exercises for muscle endurance. Class may move to running track, or outdoors during good weather.

FOREVER FIT – Low to moderate intensity strength training class using body weight and various equipment for low impact challenge.

POUND® - A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, plyometric movements, and isometric poses.

RESTORATIVE YOGA – A gentle moving class designed to help you decompress your mind and relax your body. Geared toward all fitness levels.

TAI CHI – a graceful form of exercise that involves a series of movements performed slowly and with focus. Tai chi strengthens muscles and is good for pre/post joint replacement exercise, as well as arthritic pain. No equipment needed. Wear loose fitting clothing and gym shoes.

TOTAL BODY – This class alternates intervals of toning with a wide variety of cardio segments, which may include, kick box, hi/low and others. This class may also be set up using alternating stations of cardio and strength.

YOGA – Designed to improve health, performance, and mental acuity. It blends balance, strength, and flexibility. This class is geared to all fitness levels.

ZUMBA® – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.