

FITNESS CLASSES SCHEDULE!

GROUP FITNESS CLASSES SCHEDULE

			INSTRUCTOR
MONDAY	9:00 - 9:50 AM	POWER FIT	DEBORAH
	10 - 11:00 AM	SENIOR CARDIO	GEAN
	6 - 6:50 PM	ZUMBA	STACEY
	7 - 7:45 PM	YOGA	STARLA
TUESDAY	9:15-10:00 AM	ZUMBA	STACEY
	6 - 6:50 PM	YOGA	DEVIN
	7 - 7:45 PM	BOOTCAMP	DOMINIC
WEDNESDAY	10 - 11:00 AM	SENIOR CARDIO	GEAN
	7 - 7:45 PM	YOGA	STARLA
THURSDAY	9:00 - 9:50 AM	POWER FIT	DEBORAH
	7 - 7:45 PM	BOOTCAMP	DOMINIC
SATURDAY	8 - 8:50 AM	YOGA	STARLA

**THESE CLASSES ARE INCLUDED IN YOUR DAY
PASS OR MONTHLY AND ANNUAL MEMBERSHIPS**



For inclusion opportunities for people with disabilities,
contact 385-468-1520 or InclusionRec@slco.org.



www.activityreg.com

CLASS DESCRIPTIONS

Senior Cardio

Get up and go in this 60 minute class which offers 45 minutes of safe, heart-healthy cardio workout that is gentle on the joints. This workout includes easy to follow, low-impact movement, muscular strength and endurance, flexibility, balance and range of motion exercises. A variety of equipment and tools will be used as well as a chair for support and modifications as needed.

Zumba

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Power Fit

Use your body weight and other equipment to strengthen and tone your muscles. Cardio & toning with Piloxing - cardio boxing mixed with Pilates moves to stabilize your core.

Power Yoga

Enjoy our power yoga class for 45 minutes focusing on strength, stability and core. This class is sure to energize!

Bootcamp

This focuses on strength as you challenge your mind and body utilizing functional fitness equipment and your own body weight. Increase lean muscle and decrease body fat with this 50 minutes training session.

