

# GROUP FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	CONNECT CYCLE	BODY PUMP	CONNECT CYCLE	BODY PUMP	CONNECT CYCLE	
6:00 AM	BODY PUMP		BODY PUMP		BODY PUMP	
8:30 AM	BODY REBORN		BODY REBORN		BODY REBORN	
8:30 AM	CONNECT CYCLE	CONNECT CYCLE	CONNECT CYCLE	CONNECT CYCLE	CONNECT CYCLE	
9:30 AM	BODY PUMP		BODY PUMP			BODY PUMP
4:30 PM		BODY PUMP		BODY PUMP		
5:15 PM	ZUMBA + STRENGTH	ZUMBA + STRENGTH		ZUMBA + STRENGTH		
5:30 PM	DANCE 2 BFIT	DANCE 2 BFIT		DANCE 2 BFIT		
6:45 PM		STRETCH + FLOW		STRETCH + FLOW		
7:00 PM		ZUMBA LATINA		ZUMBA LATINA		

# CLASS DESCRIPTIONS

## BODY REBORN

A low-impact senior adult class that utilizes chair exercises & resistance bands to get you moving.

\*Free w/ any membership\*

## CONNECT CYCLE

High-intensity exercise on a stationary bike. Combining cardio + endurance in a 45-min calorie-crunching session!

## ZUMBA+STRENGTH

Incorporates dance cardio as well as strength training to build muscle & increase metabolism.

## DANCE 2 BFIT

Energizing and effective dance routines feature aerobic/fitness interval training with a combination of fast + slow rhythms that tone + sculpt the body.

## LES MILLS BODY PUMP™

The original barbell workout for everyone! Using light to moderate weights with lots of repetitions to give you a total body workout that burns calories & strengthens.

## STRETCH+FLOW

Connect mind, body + spirit. Various postures, breath-work + meditation are used to promote healthy alignment, improve your breathing, strengthen your body, & to relax your mind. Classes will have a gentle/restorative approach.

## ZUMBA LATINA

A high-energy fitness program that combines Latin & international music w/ fun, easy-to-follow dance moves. It offers a full-body workout that boosts cardio endurance, tones muscles & burns calories,