

GROUP FITNESS CLASS SCHEDULE



567 Medford Center Dr
Medfor, OR 97504
ph 541-690-1030

Monday

8am Small Group
- Anita

9:15a Total Body
- Anita

11:30a Flow Movement
- Keshia

5:30p Zumba
- Anita

Tuesday



5:30p Zumba Step
- Maggie

Wednesday

8am Small Group
- Becky

9:15a Total Body
- Becky

5:30p Zumba Toning
- Anita

Thursday

10:30a Stretching
- Becky

5:30p Strong Nation
- Maggie

Friday

8am Small Group
- Anita

9:15a Silver Shoes
- Anita

Small Group (paid class) - a medium to high Intensity mixed training class designed to make you feel the burn!

Total Body - a low to medium intensity full-body training, incorporating the stepbench, dumbbells, bands, kettlebells and more.

Flow Movement - a low intensity combination stretch and yoga class promoting more fluidity in a person's body and movement.

Zumba® - A fun, fitness program that promotes cardio incorporating Latin-inspired dance moves.

Zumba® Step - combines the strengthening power of Step aerobics with the fun of a Zumba® fitness workout.

Zumba® Toning - increases the challenge by adding resistance using Zumba® Toning Sticks (or light weights).

Stretching - a low intensity class combining elements of stretching and yoga to promote more flexibility and lengthening in one's body.

STRONG Nation™ - a medium to high intensity training combining body weight, cardio and plyometric moves synced to original music.

Silver Shoes - a low to medium impact full-body training, incorporating strength training, light cardio and flexibility work.

