

GROUP FITNESS CLASS SCHEDULE

as of August 23, 2023

MONDAY

8A SMALL GROUP

Anita

9:15A TOTAL BODY

Becky

11:30A FLOW MOVEMENT

Keshia

5:30P ZUMBA

Maggie

WEDNESDAY

8A SMALL GROUP

Becky

9:15A TOTAL BODY

Becky

5:30P FIT TO FIGHT

Troy

FRIDAY

8A SMALL GROUP

Anita

9:15A SILVER SHOES

Anita

TUESDAY

6P TOTAL BODY

Anita

Time
Change

THURSDAY

9:15A SPIN BIKE CLASS

Becky

10:30A STRETCHING

Becky

6P ZUMBA TONING

Anita

Time
Change

DESCRIPTION

SMALL GROUP -

Medium to high intensity training class designed to make you feel the burn!

TOTAL BODY -

Low to medium intensity full-body training, incorporating step bench, dumbbells, bands, kettlebells and more.

ZUMBA -

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

ZUMBA TONING -

Increases the challenge by adding resistance using Zumba toning Sticks for light weights.

STRETCHING -

A low intensity class combining elements of stretching and yoga to promote more flexibility and lengthening

SILVER SHOES -

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

FIT TO FIGHT BOXING AND COMBAT -

Get in shape and win at achieving your greatest health and fitness with boxing and fighting techniques.

SPIN BIKE CLASS -

Get your cycle on with this upbeat class that takes you on a wonderful cardio journey!

VILLAGE  FITNESS