

LC=Lynnette Carter  
 KK=Kim King  
 SS = Stephanie Solazzo  
 RP = Rachel Peaks  
 SH = Sherri Haggerty



HM = Heather Manire  
 EN = Erin Nunley  
 BD = Brooke Diaz  
 CJ = Chelsea Jackson  
 MM = Michelle Matthews  
 AL = Aliza Lee

**JULY 2016 CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	(SS) Yoga Fitness	(LC) Pure Strength	(LC) Step Up	(LC) Pure Strength	(RP) HIIT	
9:30 AM	(SS) SS Yoga	(RP) SS Circuit	(LC) SS Classic	(RP) SS Cardio	(SH) SS Classic	
10:30 AM	(AL) Aqua Zumba	(RP) HIIT	(SH) Water Aerobics	(RP) House Party	(SH) Water Aerobics	(EN) Zumba Toning
4:00 PM		(CJ) Wee Fit Kids 4-7		(CJ) Wee Fit Kids 4-7	** (CJ) Wee Fit Kids 4-7	
4:30 PM		(CJ) Fit Kids 8-12		(CJ) Fit Kids 8-12	** (CJ) Fit Kids 8-12	
5:30 PM	(SS) Yoga		(SS) Yoga			
6:00 PM		(KK) Fat Blaster		(KK) Fat Blaster	(EN) Zumba	
7:00 PM	(MM) Zumba	(MM) Zumba	(AL) Zumba	(BD) House Party Fitness		

**\*\* Weather permitting every Friday POOL PARTY in place of class**

**SS Classic**-*Silver Sneakers* class- Muscle Strength & Range of Movement will help to improve agility, balance, coordination and activities for daily living, using a chair, ball, free weights, and bands.

**SS Yoga Stretch**-*Silver Sneakers* class will move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement.

**SS Cardio Circuit**-*Silver Sneakers* All welcome this class will include strength training and range of motion with cardio intervals.

**Fat Blaster**-This class will blast fat cells and burn calories, using multiple disciplines including circuit, intervals, kickboxing, and step!

**Wee Fit Kids**-**Ages 4 – 7** a fun filled interactive age appropriate class to keep your child moving aerobically by playing games, dancing and challenging obstacle courses!

**Fit Kids** – **Ages 8 – 12** a fun filled interactive age appropriate class to keep your child moving aerobically by playing games, dancing and challenging obstacle courses!

**Yoga**-Classes that will stretch your mind, body, and spirit, several modifications are taught to make your experience as relaxed or challenging as you like.

**Yoga Fitness**-A combination of yoga poses with small weights and movement.

**Zumba**-Latin inspired dance-fitness class with cardio-based dance movements that are easy to follow. No dance experience required!

**Zumba Toning**-Same dance add some light weights for extra toning.

**Aqua Zumba**-Dance in the buoyant water so easy on your joints and loads of fun!

**House Party Fitness**-Enjoy hip hop beats with moves that target the areas of your body that you want toned, and the cardio will melt the fat away.

**Pure Strength**-Designed to build strength, add definition, increase bone density, and decrease body fat by increasing your lean muscle which will in turn speed up your metabolism. No muscles get neglected in this class!

**HIIT**-High Intensity Interval Training torches a maximum amount of calories in a minimum amount of time, short periods of all out work out followed by short periods of active rest.

**Water Aerobic**- Full body workout in the sun and fun! Enjoy the buoyancy of the water on the joints while strengthening the muscles and burning the calories!

**\*Water classes are subject to the weather conditions.**