

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



EN = Erin Nunley
 BD = Brooke Diaz
 MM = Michelle Matthews
 BS = Brandi Sweatman
 HM = Heather Manire

MARCH 2017 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	(SS) Yoga Fitness	(LC) Strength	(LC) Circuit	(LC) Strength	(SS) 3 F's	
9:30 AM	(SS) SS Yoga	(SH) SS Classic	(LC) SS Circuit	(SH) SS Classic	(SH) - (LC) SS Cardio	
10:30 AM	(BS) Boom Move It	(SH) Boom Mind	(BS) Boom Move It	(SH) Boom Mind	(SH) - (LC) Boom Mind	(EN) Zumba Toning
4:00 PM		(SS) Fit Kids 4-12		(SS) Fit Kids 4-12	(SS) Fit Kids 4-12	
4:30 PM	(SS) 3 F's		(SS) 3 F's	(SS)		
5:30 PM	(SS) Yoga		(SS) Yoga			
6:00 PM		(KK) Fat Blaster		(KK) Fat Blaster		
7:00 PM	(EN) Zumba	(EN) Zumba Step		(BD) House Party Fitness		

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!

Fit Kids – Ages 4 – 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 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.

Zumba Step-Latin inspired dance moves with an added step up, maximizing lower body results, torching even more calories!

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!

Boom Move IT-Great cardio work out with fun music and moves to keep you moving!

Boom Mind-an empowering class that combines the best of yoga Pilates, and stretching.

3 F's-Fluid, Flexible, Fitness...This class is a low impact total body workout, using isometric and small movements to target and tone your seat, hips, thighs, abs, arms and improve your posture. Leading to long lean muscles!