

GET FIT

GROUP FITNESS SCHEDULE – March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>Silver Sneakers</u> Lisa F. 10-11am <u>PIYO</u> Bree 5-6pm <u>Zumba</u> Bree 6-7pm <u>HIIT Hop</u> Laura 7-8pm	2 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am	3 <u>Zumba</u> 9-10am <u>Kettlebell AMPD</u> Julia 10-11am
4 <u>HIIT Hop</u> Laura 2:00-3:00pm	5 <u>Zumba</u> Amey 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Yoga Stretch</u> Lisa F. 11:30am-12:15pm <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	6 <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> LaQuinta 6-7pm <u>HIIT Hop</u> Laura 7-8pm	7 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	8 <u>Silver Sneakers</u> Lisa F. 10-11am <u>PIYO</u> Bree 5-6pm <u>Zumba</u> Bree 6-7pm <u>HIIT Hop</u> Laura 7-8pm	9 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am	10 <u>Zumba</u> 9-10am <u>Kettlebell AMPD</u> Julia 10-11am
11 <u>HIIT Hop</u> Laura 2:00-3:00pm	12 <u>Zumba</u> Amey 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Yoga Stretch</u> Lisa F. 11:30am-12:15pm <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	13 <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> LaQuinta 6-7pm <u>HIIT Hop</u> Laura 7-8pm	14 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	15 <u>Silver Sneakers</u> Lisa F. 10-11am <u>PIYO</u> Bree 5-6pm <u>Zumba</u> Bree 6-7pm <u>HIIT Hop</u> Laura 7-8pm	16 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am	17 <u>Zumba</u> 9-10am <u>Kettlebell AMPD</u> Julia 10-11am <i>St. Patrick's Day</i>
18 <u>HIIT Hop</u> Laura 2:00-3:00pm	19 <u>Zumba</u> Amey 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Yoga Stretch</u> Lisa F. 11:30am-12:15pm <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	20 <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> LaQuinta 6-7pm <u>HIIT Hop</u> Laura 7-8pm	21 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	22 <u>Silver Sneakers</u> Lisa F. 10-11am <u>PIYO</u> Bree 5-6pm <u>Zumba</u> Bree 6-7pm <u>HIIT Hop</u> Laura 7-8pm	23 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am	24 <u>Zumba</u> 9-10am <u>Kettlebell AMPD</u> Julia 10-11am
25 <u>HIIT Hop</u> Laura 2:00-3:00pm	26 <u>Zumba</u> Amey 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Yoga Stretch</u> Lisa F. 11:30am-12:15pm <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	27 <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> LaQuinta 6-7pm <u>HIIT Hop</u> Laura 7-8pm	28 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am <u>Zumba</u> Leslie 5-6pm <u>Kettlebell AMPD</u> Julia 6-7pm <u>POUND</u> Kaleigh 7-8pm	30 <u>Silver Sneakers</u> Lisa F. 10-11am <u>PIYO</u> Bree 5-6pm <u>Zumba</u> Bree 6-7pm <u>HIIT Hop</u> Laura 7-8pm	31 <u>Zumba</u> Lisa W. 9-10am <u>Silver Sneakers</u> Lisa F. 10-11am	

HIIT Hop - A type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover to the rhythm of popular hip hop music.

Kettlebell AMPD - Takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio.

PIYO - A one hour total body fitness workout that is the perfect blend of Pilates and Yoga. This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout.

POUND – Using lightly weighted drumsticks, this is a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Silver Sneakers - Custom-designed classes and use of equipment with a Senior Advisor to help you along the way.

Yoga Stretch - A Hindu spiritual and ascetic discipline, including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation.

Zumba - A Latin inspired dance-fitness class that is fun and energizing. This 1 hour cardio workout will make you feel like you are partying on the dance floor.

*****For a listing of any changes or cancellations, please visit our Facebook page – Get Fit Athletic Club-Richmond or feel free to contact the club at (859)623-2229.**

