

GET FIT GROUP FITNESS SCHEDULE

MONTH of OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Silver Sneakers 11:30am-12:30pm (Yasha) Full Body Blast 5:30-6:25 (Nathan) Zumba® 6:30-7:30 pm (Flo)	2 Silver Sneakers 11:30am-12:30 (Yasha) HardCORE 5:30-6:30 Strength/Tone: 6:40-7:40 (Christina)	3 Silver Sneakers 11:30-12:30pm (Yasha) Zumba® 6:00-7:00 pm (Flo) Zumba Toning 7:00-8:00 (Flo)	4 Yoga 9:20-10:20am Zumba Gold 11:30-12:30 Full Body blast 6-7pm Core de Force 7-8pm (Nathan)	5 Silver sneakers 11:30am-12:30 (Yasha) Zumba® 6-7pm (Brandy)	6 Yoga 10:00-11:00am (Yasha)
7	8 Silver Sneakers (Yasha) Full Body Blast 5:30-6:25pm (Nathan) Zumba® 6:30-7:30 pm (Flo)	9 Silver Sneakers 11:30am-12:30 (Yasha) HardCORE 5:30-6:30 Strength/Tone: 6:40-7:40 (Christina)	10 Silver Sneakers 11:30-12:30pm (Yasha) Zumba® 6:00-7:00pm (Flo) Zumba Toning 7:00-8:00pm (Flo)	11 Yoga 9:20-10:20am (Rita) Zumba Gold 11:30-12:30 Full Body Blast 6-7pm Core de Force 7-8pm (Nathan)	12 Silver Sneakers 11:30-12:30 (Yasha) Zumba® 6-7pm (Brandy)	13 Yoga 10:00-11:00am (Yasha)
14	15 Silver Sneakers (Yasha) Full Body Blast 5:30-6:25pm (Nathan) Zumba® 6:30-7:30 pm (Flo)	16 Silver Sneakers 11:30am-12:30 (Yasha) HardCORE 5:30-6:30 Strength/Tone: 6:40-7:40 (Christina)	17 Silver Sneakers 11:30-12:30pm (Yasha) Zumba® 6:00-7:00pm (Flo) Zumba Toning 7:00-8:00pm (Flo)	18 Yoga 9:20-10:20am (Rita) Zumba Gold 11:30-12:30 Full Body Blast 6-7pm Core de Force 7-8pm (Nathan)	19 Silver Sneakers 11:30-12:30 (Yasha) Zumba® 6-7pm (Brandy)	20 Yoga 10:00-11:00am (Yasha)
21	22 Silver Sneakers 11:30am-12:30 (Yasha) Full Body Blast 5:30-6:25pm (Nathan) Zumba® 6:30-7:30 pm (Flo)	23 Silver Sneakers 11:30am-12:30 (Yasha) HardCORE 5:30-6:30 Strength/Tone: 6:40-7:40 (Christina)	24 Silver Sneakers 11:30-12:30pm (Yasha) Zumba 6:00-7:00pm (Flo) Zumba Toning 7:00-8:00 (Flo)	25 Yoga 9:20-10:20am (Rita) Zumba Gold 11:30-12:30 Full Body Blast 6-7pm Core de Force 7-8pm (Nathan)	26 Silver Sneakers 11:30-12:30 (Yasha) Zumba® 6-7pm (Brandy)	27 Yoga 10:00-11:00am (Yasha)
28 Schedule is subject to change at anytime	29 Silver Sneakers 11:30am-12:30 (Yasha) Full Body Blast 5:30-6:25pm (Nathan) Zumba® 6:30-7:30 pm (Flo)	30 Silver Sneakers 11:30am-12:30 (Yasha) HardCORE 5:30-6:30pm Strength/Tone: 6:40-7:40 (Christina)	31 Silver Sneakers 11:30-12:30pm (Yasha) Zumba® 6:00-7:00pm (Flo) Zumba Toning 7:00-8:00pm (Flo)	1 Yoga 9:20-10:20am (Rita) Zumba Gold 11:30-12:30 Full Body Blast 6-7pm Core de Force 7-8pm (Nathan)	2 Silver Sneakers 11:30-12:30 (Yasha) Zumba® 6-7pm (Brandy)	3 Yoga 10:00-11:00am (Yasha)

Silver Sneakers-55 minute class for all levels. Works the entire body. With many modifications. Come join us!

Yoga- an hour of stretching breathing and balance. Works the entire body. All levels welcome!

HardCORE- A class that focuses on building core strength, endurance, and flexibility. Exercises will target the lower and upper abdominals, obliques, back, and hip flexors.

Cardio/strength A maximum interval training program created by Beachbody. You will work on cardio, plyometric drills with various intervals of power, strength, resistance, and core training. .

Full Body Blast- A 55 minute class to help strengthen and tone your entire body and abdominal muscles.

Zumba®- A Latin inspired dance-fitness class that is fun and energizing. This 1 hour cardio workout that will get your heart pumping.

Cardio kickboxing a one hour class where you are moving from beginning to end. Tons of fun!!

Piyo a mix of Pilates and yoga. A great workout for your entire body! All levels welcome

Zumba Gold easy-to-follow Zumba choreography that focuses on balance, range of motion, flexibility and coordination. Come ready to sweat, and prepare to leave feeling strong and empowered!