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| GET FIT  |
| **GROUP FITNESS SCHEDULE – November 2019** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | **1****Silver Sneakers****Lisa F.****10-11 am****Boot Camp****Darcy****12:15-1:15 pm** | **2****Zumba****Leslie****9-10 am** |
| **3****HllT Hop****Rachel B.****2-3 pm** | **4****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10-11 am****Yoga Stretch****Lisa F.****11:30am-12:15 pm****Boot Camp****Darcy/Mandy S.****12:15-1:15****HllT HOP****Mandy G.****5:30-6:30****Kettlebell AMPD****Rachel****6:30-7:30** | **5** **Silver Sneakers****Lisa****10-11 am****PiYo****Bree****5:30-6:30 pm****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **6****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10-11 am****Boot Camp****Darcy/Mandy S.****12:15-1:15****Zumba****Regina****6:30-7:30** | **7****Silver Sneakers****Lisa F.****10-11 am****Spin****Lisette****5:30-6:30 pm****Kettlebell AMPD****Rachel H.****6:30-7:30 pm****HllT Hop****Rachel B.****7:30-8:30 pm** | **8****Silver Sneakers****Lisa F.****10-11 am****Boot Camp****Darcy****12:15-1:15 pm** | **9****Zumba****Leslie****9-10 am** |
| **10****HIIT Hop****Rachel B.****2-3 pm** | **11** **Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10-11 am****Yoga Stretch****Lisa F.****11:30am-12:15pm****Boot Camp****Darcy/Mandy S.****12:15-1:15 pm****HllT Hop****Mandy G.****5:30-6:30 pm****Kettlebell AMPD****Rachel H.****6:30-7:30 pm** | **12** **Silver Sneakers****Lisa****10-11 am****PiYo****Bree****5:30-6:30 pm****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **13****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10-11 am****Boot Camp****Darcy/Mandy S.****12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **14** **Silver Sneakers****Lisa F.****10-11 am****Spin****Lisette****5:30-6:30 pm****Kettlebell AMPD****Rachel H.****6:30-7:30 pm****HllT Hop****Rachel B.****7:30-8:30 pm** | **15****Silver Sneakers****Lisa F.****10-11 am****Boot Camp****Darcy****12:15-1:15 pm** | **16****Zumba****Leslie****9-10 am** |
| **17****HIIT Hop****Rachel B.****2-3 pm** | **18** **Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10-11 am****Yoga Stretch****Lisa F.****11:30am-12:15pm****Boot Camp****Darcy/Mandy S.****12:15-1:15 pm****HllT Hop****Mandy G.****5:30-6:30 pm****Kettlebell AMPD****Rachel H.****6:30-7:30 pm** | **19** **Silver Sneakers****Lisa****10-11 am****PiYo****Bree****5:30-6:30 pm****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **20** **Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10-11 am****Boot Camp****Darcy/Mandy S.** **12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **21** **Silver Sneakers****Lisa F.****10-11 am*****MEMBER APPRECIATION DAY!!!*****Specialty Class****Regina, Rachel B., Rachel H., LaQuinta, Leslie****6:00-8:00** | **22****Silver Sneakers****Lisa F.****10-11 am****Boot Camp****Darcy****12:15-1:15 pm** | **23****Zumba****Leslie****9-10 am** |
| **24****HIIT Hop****Rachel B.****2-3 pm** | **25** **Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10-11 am****Yoga Stretch****Lisa F.****11:30am-12:15 pm****Boot Camp****Darcy/Mandy S.****12:15-1:15 pm****HllT Hop****Mandy G.****5:30-6:30 pm****Kettlebell AMPD****Rachel H.****6:30-7:30 pm** | 26 **Silver Sneakers****Lisa****10-11 am****PiYo****Bree****5:30-6:30 pm****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **27****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10-11 am****Boot Camp****Darcy/Mandy S.****12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **28****NO CLASSES**  | **29****Silver Sneakers****Lisa F.****10-11 am****Boot Camp****Darcy****12:15-1:15 pm** | **30****Zumba****Leslie****9-10 am** |

**Boot Camp – An interval training class that mixes calisthenics and body weight exercises with cardio and**

**strength training.**

**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 - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages**

**of yoga.**

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

**the way.**

**Spin - A vigorous workout - burning calories and keeping your muscles in shape.**

**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 one-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.**