|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| GET FIT | | | | | | |
| **GROUP FITNESS SCHEDULE ~ January 2020** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | **1**  **Spin**  **Mandy S.**  **8:30-9:30 am**  **Zumba/Pound**  **Regina**  **10-11 am** | **2**  **Silver Sneakers**  **Lisa**  **10-11 am**  **Kickboxing**  **Amey**  **4:30-5:30 pm**  **Zumba/Pound**  **Regina**  **5:30-6:30 pm**  **Kettlebell AMPD**  **Rachel H.**  **6:30-7:30 pm** | **3**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Boot Camp**  **Darcy/Mandy S.**  **12:15-1:15 pm** | **4**  **Zumba**  **Leslie**  **9-10 am**  **Pound**  **Regina**  **10-11 am** |
| **5**  **HlIT HOP**  **Mandy G.**  **2-3 pm** | **6**  **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**  **6:30-7:30 pm** | **7**  **Silver Sneakers**  **Lisa**  **10-11 am**  **Zumba**  **LaQuinta**  **6:30-7:30 pm**  **HllT Hop**  **Kayla**  **7:30-8:30 pm** | **8**  **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** | **9**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Kickboxing**  **Amey**  **4:30-5:30 pm**  **Spin**  **Lisette**  **5:30-6:30 pm**  **Kettlebell AMPD**  **Rachel H.**  **6:30-7:30 pm** | **10**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Boot Camp**  **Darcy/Mandy S.**  **12:15-1:15 pm** | **11**  **Zumba**  **Leslie**  **9-10 am**  **Pound**  **Regina**  **10-11 am** |
| **12**  **Zumba/Pound**  **Regina**  **2-3 pm** | **13**  **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** | **14**  **Silver Sneakers**  **Lisa**  **10-11 am**  **Zumba**  **LaQuinta**  **6:30-7:30 pm**  **HllT Hop**  **Kayla**  **7:30-8:30 pm** | **15**  **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** | **16**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Kickboxing**  **Amey**  **4:30-5:30 pm**  **Spin**  **Lisette**  **5:30-6:30 pm**  **Kettlebell AMPD**  **Rachel H.**  **6:30-7:30 pm** | **17**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Boot Camp**  **Darcy/Mandy S.**  **12:15-1:15 pm** | **18**  **Zumba**  **Leslie**  **9-10 am**  **Pound**  **Regina**  **10-11 am** |
| **19**  **Kettlebell AMPD**  **Rachel H.**  **2-3 pm** | **20**  **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** | **21**  **Silver Sneakers**  **Lisa**  **10-11 am**  **Zumba**  **LaQuinta**  **6:30-7:30 pm**  **HllT Hop**  **Kayla**  **7:30-8:30 pm** | **22**  **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** | **23**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **GLOW PARTY**  **SPECIALTY CLASS**  **6-8 pm**  **Kayla, Regina,**  **Rachel H., LaQuinta & Leslie**  **(featuring**  **KETTLEPLATES**  **w/Stephanie M.)** | **24**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Boot Camp**  **Darcy/Mandy S.**  **12:15-1:15 pm** | **25**  **Zumba**  **Leslie**  **9-10 am**  **Pound**  **Regina**  **10-11 am** |
| **26**  **Hllt HOP**  **Rachel B.**  **2-3 pm** | **27**  **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** | 28  **Silver Sneakers**  **Lisa**  **10-11 am**  **Zumba**  **LaQuinta**  **6:30-7:30 pm**  **HllT Hop**  **Kayla**  **7:30-8:30 pm** | **29**  **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** | **30**  **Silver Sneakers**  **Lisa**  **10-11 am**  **Kickboxing**  **Amey**  **4:30-5:30 pm**  **Spin**  **Lisette**  **5:30-6:30 pm**  **Kettlebell AMPD**  **Rachel H.**  **6:30-7:30 pm** | **31**  **Silver Sneakers**  **Lisa F.**  **10-11 am**  **Boot Camp**  **Darcy**  **12:15-1:15 pm** |  |

**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.**

**Kickboxing - A group fitness class that combines martial arts techniques with fast-paced cardio.**

**POUND - A combination cardio and weight training exercise approach that includes some of the rhythmic**

**techniques used in Pilates.**

**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.**