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| GET FIT  |
| **GROUP FITNESS SCHEDULE ~ February 2020** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | **1****Zumba****Leslie****9-10 am****KETTLEPLATES****Stephanie****11:15 am-12:00 pm** |
| **2****Zumba****Leslie****2:00-3:00 pm** | **3** **Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Yoga Stretch****Lisa F.****11:30am-12:15 pm****Boot Camp****Mandy S.****12:15-1:15 pm****HllT HOP****Mandy G.****5:30-6:30 pm****Kettlebell AMPD****Rachel****6:30-7:30 pm** | **4** **KETTLEPLATES****Stephanie****6:00-6:45 am****Silver Sneakers****Lisa****10:00-11:00 am****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:3****0 pm** | **5****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10:00-11:00 am****Boot Camp****Darcy****12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **6****Silver Sneakers****Lisa F.****10-11 am****Spin****Lisette****5:30-6:30 pm****Kettlebell AMPD****Rachel H.****6:30-7:30 pm** | **7****Strength & Balance****Jessica****9:00-10:00 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Boot Camp****Mandy S.****12:15-1:15 pm** | **8****Zumba****Leslie****9-10 am****Pound****Regina****10-11 am****KETTLEPLATES****Stephanie****11:15 am-12:00pm** |
| **9****HIIT Hop****Mandy G.****2:00-3:00 pm** | **10 Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Yoga Stretch****Lisa F.****11:30am-12:15pm****Boot Camp****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****Yoga Demonstration****April****7:30-???** | **11** **KETTLEPLATES****Stephanie****6:00-6:45 am****Silver Sneakers****Lisa****10:00-11:00 am****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **12****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10:00-11:00 am****Boot Camp****Darcy****12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **13** **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** | **14****Strength & Balance****Jessica****9:00-10:00 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Boot Camp****Mandy S.****12:15-1:15 pm** | **15****Zumba****Leslie****9-10 am****Pound****Regina****10-11 am****KETTLEPLATES****Stephanie****11:15 am-12:00 pm** |
| **16****Zumba/Pound****Regina****2:00-3:00 pm** | **17 Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Yoga Stretch****Lisa F.****11:30am-12:15pm****Boot Camp****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** | **18** **KETTLEPLATES****Stephanie****6:00-6:45 am****Silver Sneakers****Lisa****10:00-11:00 am****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **19****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10:00-11:00 am****Boot Camp****Darcy****12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **20** **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**  | **21****Strength & Balance****Jessica****9:00-10:00 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Boot Camp****Mandy S.****12:15-1:15 pm** | **22****Zumba****Leslie****9-10 am****Pound****Regina****10-11 am****KETTLEPLATES****Stephanie****11:15 am-12:00 pm** |
| **23****KETTLEPLATES****Stephanie****2:00-3:00 pm** | **24** **Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Yoga Stretch****Lisa F.****11:30am-12:15 pm****Boot Camp****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** | 25 **KETTLEPLATES****Stephanie****6:00-6:45 am****Silver Sneakers****Lisa****10:00-11:00 am** **Barre****Leslie****5:30-6:30 pm****Zumba****LaQuinta****6:30-7:30 pm****HllT Hop****Kayla****7:30-8:30 pm** | **26****Spin****Mandy S.****8:30-9:30 am****Silver Sneakers****Lisa****10:00-11:00 am****Boot Camp****Darcy****12:15-1:15 pm****Zumba****Regina****6:30-7:30 pm** | **27****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** | **28****Strength & Balance****Jessica****9:00-10:00 am****Silver Sneakers****Lisa F.****10:00-11:00 am****Boot Camp****Mandy S.****12:15-1:15 pm** | **29****Zumba****Leslie****9-10 am****Pound****Regina****10-11 am****KETTLEPLATES****Stephanie****11:15 am-12:00 pm** |

**Barre – A hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and**

**strength training.**

**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.**

**KETTLEPLATES – Transform your body with a fun, energetic 30 to 45-minute weight plate workout, focused**

**to increase strength, flexibility, and endurance.**

**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.**

**Strength & Balance – A non-aerobic, low impact class that will improve muscular strength, endurance,**

**flexibility and balance.**

**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.**