

GET FIT GROUP FITNESS SCHEDULE

MONTH of OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	29	30 Silver sneaker 11:30-12:30 (Yasha)	1 Full Body Blast 6-7pm (Nathan)	2 Silver sneakers 11:30-12:30 (Yasha)	3 Yoga 10:30-11:30 (Yasha)
4	5 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	6	7 Silver sneaker 11:30-12:30 (Yasha)	8 Full Body Blast 6-7pm (Nathan)	9 Silver sneakers 11:30-12:30 (Yasha)	10 Yoga 10:30-11:30am (Yasha)
11	12 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	13 Yoga 10:00-11:00 (Toni)	14 Silver sneaker 11:30-12:30 (Yasha)	15 Yoga 10:00-11:00 (Toni) Full Body Blast 6-7pm (Nathan)	16 Silver sneakers 11:30-12:30 (Yasha)	17 Yoga 10:30-11:30am (Yasha)
18	19 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	20 Yoga 10:00-11:00 (Toni)	21 Silver sneaker 11:30-12:30 (Yasha)	22 Yoga 10:00-11:00 (Toni) Full Body Blast 6-7pm (Nathan)	23 Silver sneakers 11:30-12:30 (Yasha)	24 Yoga 10:30-11:30am (Yasha)

25	26	27	28	29	30	
Schedule is subject to change at anytime	Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	Yoga 10:00-11:00 (Toni)	Silver sneakers 11:30-12:30 (Yasha)	Yoga 10:00-11:00 (Toni) Full Body Blast 6-7pm (Nathan)	Silver sneakers 11:30-12:30 (Yasha)	Yoga 10:30-11:30am (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!!

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!