

GET FIT GROUP FITNESS SCHEDULE

MONTH of NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	3 Vote	4 Silver sneaker 11:30-12:30 (Yasha)	5 Full Body Blast 6-7pm (Nathan)	6 Silver sneakers 11:30-12:30 (Yasha)	7 Yoga 10:30-11:30am (Yasha)
8	9 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	10 Zumba 6:30-7:30pm Kaira	11 Silver sneaker 11:30-12:30 (Yasha)	12 Full Body Blast 6-7pm (Nathan)	13 Silver sneakers 11:30-12:30 (Yasha)	14 Yoga 10:30-11:30am (Yasha)
15	16 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	17 Zumba 6:30-7:30pm Kaira	18 Silver sneaker 11:30-12:30 (Yasha)	19 Full Body Blast 6-7pm (Nathan)	20 Silver sneakers 11:30-12:30 (Yasha)	21 Yoga 10:30-11:30am (Yasha)
22	23 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	24 Zumba 6:30-7:30pm Kaira	25 Silver sneaker 11:30-12:30 (Yasha) Cardio Hip Hop 6:30-7:30pm Kaira	26 Happy Thanksgiving!	27 Silver sneakers 11:30-12:30 (Yasha)	28 Yoga 10:30-11:30am (Yasha)
29 Schedule is subject to change at anytime	30 Silver sneakers 11:30-12:30 (Yasha) Full Body Blast 6-7pm (Nathan)	1 Zumba 6:30-7:30pm Kaira	2 Silver sneakers 11:30-12:30 (Yasha) Cardio Hip Hop 6:30-7:30pm Kaira	3 Yoga 10:30-11:30 (Yasha) Full Body Blast 6-7pm (Nathan)	4 Silver sneakers 11:30-12:30 (Yasha)	5 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/strengthA 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 kickboxinga 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!