

GET FIT GROUP FITNESS SCHEDULE

MONTH of FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan)	2 Xtreme Hip hop 6:30-7:30pm (Kaira)	3 Silver sneaker 12:00-1:00 (Yasha) Yoga 6:30-7:30pm (Arika)	4 Full Body Blast 6-7pm (Nathan)	5 Silver sneakers 12:00-1:00 (Yasha)	6 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am
7	8 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan)	9 Xtreme Hip hop 6:30-7:30pm (Kaira)	10 Silver sneaker 12:00-1:00 (Yasha) Yoga 6:30-7:30pm (Arika)	11 Full Body Blast 6-7pm (Nathan)	12 Silver sneakers 12:00-1:00 (Yasha)	13 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am (Yasha)
14	15 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan)	16 Xtreme Hip hop 6:30-7:30pm (Kaira)	17 Silver sneaker 12:00-1:00 (Yasha) Yoga 6:30-7:30pm (Arika)	18 Full Body Blast 6-7pm (Nathan)	19 Silver sneakers 12:00-1:00 (Yasha)	20 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am (Yasha)
21 Xtreme Hip hop 2-3:30pm	22 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan)	23 Xtreme Hip hop 6:30-7:30pm (Kaira)	24 Silver sneaker 12:00-1:00 (Yasha) Yoga 6:30-7:30pm (Arika)	25 Full Body Blast 6-7pm (Nathan)	26 Silver sneakers 12:00-1:00 (Yasha)	27 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am (Yasha)

28	1	2	3	4	5	6
Schedule is subject to change at anytime Xtreme Hip hop 2-3:30pm	Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan)	Xtreme Hip hop 6:30-7:30pm (Kaira)	Silver sneakers 12:00-1:00 (Yasha) Yoga 6:30-7:30pm (Arika)	Full Body Blast 6-7pm (Nathan)	Silver sneakers 12:00-1:00 (Yasha)	Hip Hop 9-10AM Aqua Fit 10-11am 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!