

GET FIT GROUP FITNESS SCHEDULE

MONTH of APRIL

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|--|
| 28 | 29 Aqua Fit 10-11am (Sherry) Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan) | 30 Xtreme Hip hop 6:30-7:30pm (Kaira) | 31 Silver sneaker 12:00-1:00 (Yasha) | 1 Full Body Blast 6-7pm (Nathan) | 2 Silver sneakers 12:00-1:00 (Yasha) | 3 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am Hip Hop 12-1pm |
| 4 Bodypraise 5:30-6:30 (B-Day) | 5 Aqua Fit 10-11am (Sherry) Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan) | 6 Xtreme Hip hop 6:30-7:30pm (Kaira) | 7 Silver sneaker 12:00-1:00 (Yasha) | 8 Full Body Blast 6-7pm (Nathan) | 9 Silver sneakers 12:00-1:00 (Yasha) | 10 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am Hip Hop 12-1pm |
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| 25 Schedule is subject to change at anytime | 26 Aqua Fit 10-11am (Sherry) Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Nathan) | 27 Xtreme Hip hop 6:30-7:30pm (Kaira) Aqua Fit 6:30-7:30pm (Sherry) | 28 Silver sneakers 12:00-1:00 (Yasha) | 29 Full Body Blast 6-7pm (Nathan) | 30 Silver sneakers 12:00-1:00 (Yasha) | 1 Hip Hop 9-10AM Aqua Fit 10-11am Yoga 10:30-11:30am Hip Hop 12-1pm |

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!

Extreme Hip Hop- A class that focuses on hip hop dances works 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.

Bawdy Workouta one hour class where you are moving from beginning to end. Tons of fun!!

Zumba 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!

Aqua Fit fun water workout. Working the entire body. Many ways to modify exercises.