

GET FIT GROUP FITNESS SCHEDULE

MONTH of SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Hip Hop 5:30-6:30 (B-Day)	30 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	31 X hip hop 6:30-7:45pm (Kaira)	1 Silver sneaker 12:00-1:00 (Yasha)	2 Full Body Blast 6-7pm (Paige)	3 Silver sneakers 12:00-1:00 (Yasha)	4 Hit Cardio 9:30-10:30 (\$49/Month) Yoga 11-12 Hip Hop 1-2pm
5 Hip Hop 5:30-6:30 (B-Day)	6 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	7 X hip hop 6:30-7:45pm (Kaira)	8 Silver sneaker 12:00-1:00 (Yasha)	9 Full Body Blast 6-7pm (Paige)	10 Silver sneakers 12:00-1:00	11 Hit Cardio 9:30-10:30 Yoga 11-12 Hip Hop 1-2pm
12 Hip Hop 5:30-6:30 (B-Day)	13 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	14 X hip hop 6:30-7:45pm (Kaira)	15 Silver sneaker 12:00-1:00 (Yasha)	16 Full Body Blast 6-7pm (Paige)	17 Silver sneakers 12:00-1:00 (Yasha)	18 Hit Cardio 9:30-10:30 Yoga 11-12 Hip Hop 1-2pm
19 Hip Hop 5:30-6:30 (B-Day)	20 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	21 X hip hop 6:30-7:45pm (Kaira)	22 Silver sneaker 12:00-1:00 (Yasha)	23 Full Body Blast 6-7pm (Paige)	24 Silver sneakers 12:00-1:00 (Yasha)	25 Hit Cardio 9:30-10:30 Yoga 11-12 Hip Hop 1-2pm

26 Schedule is subject to change at anytime	27 Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm (\$49 a month)	28 X hip hop 6:30-7:45pm (Kaira)	29 Silver sneakers 12:00-1:00 (Yasha)	30 Full Body Blast 6-7pm (Paige)	1 Silver sneakers 12:00-1:00 (Yasha)	2 Hit Cardio 9:30-10:30 Yoga 11-12 Hip Hop 1-2pm
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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.

Hit Cardio Remix A maximum interval training program created by professionals. You will work on cardio, plyometric drills with various intervals of power, strength, resistance, and core training. This class is \$49 a MONTH.

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.

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.