

GET FIT GROUP FITNESS SCHEDULE

MONTH of MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hip Hop 5:30-6:30 (B-Day)	2 Suri 9-10am Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm Hit Cardio 7-8pm	3. Suri 9-10am X hip hop 6:30-7:45pm (Kaira)	4. Suri 9-10am Silver sneaker 12:00-1:00 (Yasha) Hit Cardio 7-8pm	5. Suri 9-10am Full Body Blast 6-7pm (Paige) Aqua 6-7pm Zumba Dance 7:30-8:30pm	6. Suri 9-10am Silver sneakers 12-1 Yasha	7 Hit Cardio 9:30-10:30 Yoga 11:30-12:30 Aqua 12-1 Hip Hop 1-2pm
8 Hip Hop 5:30-6:30 (B-Day)	9 Suri 9-10am Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	10 Suri 9-10am X hip hop 6:30-7:45pm (Kaira)	11. Suri 9-10am Silver sneaker 12:00-1:00 (Yasha) Hit Cardio 7-8pm	12 Suri 9-10am Full Body Blast 6-7pm (Paige) Aqua 6-7pm Zumba Dance 7:30-8:30pm	13. Suri 9-10am Silver sneakers 12-1 Yasha	14 Hit Cardio 9:30-10:30 Yoga 11:30-12:30 Aqua 12-1 Hip Hop 1-2pm
15 Hip Hop 5:30-6:30 (B-Day)	16. Suri 9-10am Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	17. Suri 9-10am X hip hop 6:30-7:45pm (Kaira)	18. Suri 9-10am Silver sneaker 12:00-1:00 (Yasha) Hit Cardio 7-8pm	19. Suri 9-10am Full Body Blast 6-7pm (Paige) Aqua 6-7pm Zumba Dance 7:30-8:30pm	20 Suri 9-10am Silver sneakers 12-1 (Yasha)	21 Hit Cardio 9:30-10:30 Yoga 11:30-12:30 Aqua 12-1 Hip Hop 1-2pm
22 Hip Hop 5:30-6:30 (B-Day)	23. Suri 9-10am Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm	24 Suri 9-10am X hip hop 6:30-7:45pm (Kaira)	25. Suri 9-10am Silver sneaker 12:00-1:00 (Yasha) Hit Cardio 7-8pm	26 9-10am Full Body Blast 6-7pm (Paige) Aqua 6-7pm Zumba Dance 7:30-8:30pm	27. Suri 9-10am Silver sneakers 12-1 (Yasha)	28 Hit Cardio 9:30-10:30 Yoga 11:30-12:30 Aqua 12-1 Hip Hop 1-2pm
29 Schedule is subject to change at anytime	30. Suri 9-10am Silver sneakers 12:00-1:00 (Yasha) Full Body Blast 6-7pm (Paige) Hit Cardio 7-8pm (\$49 a month)	31. Suri 9-10am X hip hop 6:30-7:45pm (Kaira)	1. Suri 9-10am Silver sneakers 12:00-1:00 (Yasha) Hit Cardio 7-8pm	2. Suri 9-10am Full Body Blast 6-7pm (Paige) Aqua 6-7pm Zumba Dance 7:30-8:30pm	3. Suri 9-10am Silver sneakers 12-1 (Yasha)	4 Hit Cardio 9:30-10:30 Yoga 11:30-12:30 Aqua 12-1 Hip Hop 1-2pm

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.