

GET FIT GROUP FITNESS SCHEDULE

MONTH of JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2. Zumba 9-10am Pound Fit 2:30-3:30 (Stevie) Full Body Blast 6-7pm (Paige)	3 Strong Nation 9-10am (Suri)	4 Zumba Toning 9-10am Silver sneaker 12:00-1:00 (Yasha)	5. Strong Nation 9-10am Full Body Blast 6-7pm (Paige) Zumba Dance 7:30-8:30pm (BDay)	6. Aerobic Dance 9-10am Silver sneakers 12-1 Yasha	7 Yoga 12:30-1:30 Yasha Hip Hop 2-3 (BDay)
8.	9. Zumba 9-10am Pound Fit 2:30-3:30 (Stevie) Full Body Blast 6-7pm (Paige)	10 Strong Nation 9-10am (Suri)	11. Zumba Toning 9-10am Silver sneaker 12:00-1:00 (Yasha)	12. Strong Nation 9-10am Full Body Blast 6-7pm (Paige) Zumba Dance 7:30-8:30pm (BDay)	13 Aerobic Dance 9-10am Silver sneakers 12-1 Yasha	14 Yoga 12:30-1:30 Yasha Hip Hop 2-3 (BDay)
15.	16. Zumba 9-10am Pound Fit 2:30-3:30 (Stevie) Full Body Blast 6-7pm (Paige)	17. Strong Nation 9-10am (Suri)	18. Zumba Toning 9-10am Silver sneaker 12:00-1:00 (Yasha)	19. Strong Nation 9-10am Full Body Blast 6-7pm (Paige) Zumba Dance 7:30-8:30pm (BDay)	20 Aerobic Dance 9-10am Silver sneakers 12-1 (Yasha)	21. Yoga 12:30-1:30 Yasha Hip Hop 2-3 (BDay)
22.	23. Zumba 9-10am Pound Fit 2:30-3:30 (Stevie) Full Body Blast 6-7pm (Paige)	24. Strong Nation 9-10am	25. Zumba Toning 9-10am Silver sneaker 12:00-1:00 (Yasha)	26. Strong Nation 9-10am Full Body Blast 6-7pm (Paige) Zumba Dance 7:30-8:30pm (BDay)	27. Aerobic Dance 9-10am Silver sneakers 12-1 (Yasha)	28. Yoga 12:30-1:30 Yasha Hip Hop 2-3 (BDay)
29. Schedule is subject to change at anytime	30. Zumba 9-10am Pound Fit 2:30-3:30 (Stevie) Full Body Blast 6-7pm (Paige)	31. Strong Nation 9-10am	1. Zumba Toning 9-10am Silver sneakers 12:00-1:00 (Yasha)	2. Strong Nation 9-10am Full Body Blast 6-7pm (Paige) Zumba Dance 7:30-8:30pm (BDay)	3. Aerobic Dance 9-10am Silver sneakers 12-1 (Yasha)	4. Yoga 12:30-1:30 Yasha Hip Hop 2-3 (BDay)

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.