






November



GROUP FITNESS

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
	1 9:00 Bike and Bar (Carol) 10:30 Fit for Life (Carol) 11:00 Killer Cross-Training (Taylor) 12:15 Pilates/Yoga (Simon) 5:30 20/20/20 (Tia) 6:30 Zumba/Tone (Tia)	2 9:00 Power Camp (Holly) 10:30 Kettlebell Potpourri (Carol) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	3 9:00 Killer Cross Training (Taylor) 10:30 Fit For Life (Carol) 12:15 Pilates/Yoga (Simon) 6:00 Zumba (Tia)	4 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
	7 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Beginning Yoga (Lisa) 5:30 Rhythms (Jessica)	8 9:00 Bike and Bar (Carol) 10:30 Fit for Life (Carol) 11:00 Killer Cross-Training (Taylor) 12:15 Pilates/Yoga (Simon) 5:30 20/20/20 (Tia) 6:30 Zumba/Tone (Tia)	9 9:00 Power Camp (Holly) 10:30 Kettlebell Potpourri (Carol) (Simon) 5:00 Strenght Training (Jeremy) 6:00 Yoga (Lisa)	10 9:00 Killer Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)
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28 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Beginning Yoga (Lisa) 5:30 Rhythms (Jessica)	29 9:00 Bike and Bar (Carol) 10:30 Fit for Life (Carol) 11:00 Killer Cross-Training (Taylor) 12:15 Pilates/Yoga (Simon) 5:30 20/20/20 (Tia) 6:30 Zumba/Tone (Tia)	30 9:00 Power Camp (Holly) 10:30 Kettlebell Potpourri (Carol) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	Join us for a pre pig out work out Tues Nov 22. A variety of instructors teaching all kinds of crazy workouts. 	



Group Fitness Class Descriptions

Bike/Sculpt This class combines indoor cycling with strength and total body toning exercises., for an excellent mix of cardio and total body strength.

Beginning Yoga This is a great class to learn the basics of yoga from an excellent Yoga Fit trained instructor. No experience needed. Stretch, relax, and unwind.

Fit for Life This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance. Have fun with your peers while you make your body better for everyday activities.

Kettle Bell Potpourri Great strength, core, cardio and total body workout, utilizing kettle bells as the main piece of equipment. Expect to use muscles you have not use before and give your workout a dynamic change. This new class taught by a resident exercise expert.

Killer Cross Training Not for the faint of heart. Sgt Taylor pushes you through a mix of exercises, primarily cardio and strength. She motivates you to go past your normal comfort zone. Meet at Leconte Wellness Center upstairs. Tissues for crying during class require an extra fee.

On the Ball Low impact, total body workout. Class utilizes the exercise ball to strengthen, stretch, and stabilize your whole body. Taught by a very entertaining instructor, guaranteed to give you a great workout and bring a mile to your face.

Pilates/Yoga Yoga has been around for thousands of years, Pilates for almost a hundred. Mix these two tried and true methods of exercise to increase flexibility, strengthen your core, relax your mind, and take care of your spine. Take a 45 minute vacation while taking care of your body.

Power Camp Combination of Power Pump and Boot Camp. This is a high impact class with a military style workout. Instructor will push you a little harder than you thought possible.

Power Pump An hour long class using barbells and adjustable weights to tone and condition your body. Burns fat and increased endurance. Taught by a high energy instructor focused on getting results and having fun.

Rhythms High energy dance infused workout guaranteed to be a fun workout. Instructor not only teaches exercise classes, but has a dance/entertainment background.

Yoga Yoga has been around for thousands of years and continues to be an effective work out. This class is taught by a well trained experienced instructor who loves yoga and enjoys sharing her knowledge. You will work every part of your body, relax, and increase flexibility with this class.

Zone Tone This workout focuses on targeting specific muscle groups to tone your entire body.

Zumba Are you ready to join the dance party, get great exercise and have a blast? Our Zumba certified instructor teaches this class held in the gymnasium due to the amount of participants.