

# Spring Group Training Schedule

Schedule is subject to change based on attendance

Time	Mon.	Tues.	Wed.	Thurs.	Fri.
12:15-12:50p	Zumba w/ Rose	Senior Strength Circuit w/ Dee Dee	Zumba w/ Rose	Senior Strength Circuit w/ Dee Dee	Pickleball Noon- 1:30pm
4:15pm	Yoga w/ Sarah		Yoga w/ Sarah		
5pm		Zumba w/ Rose		Zumba w/ Rose	
5-7pm				Pickleball	
<b>Beginners are welcome in all classes and always encouraged to modify movements as necessary.</b>					
<b>Class Descriptions</b>					
<b>Senior Strength Circuit</b>	This is a 35-40 min. circuit for all fitness levels. We perform movements for strength, mobility and balance. All ages and abilities are welcome.				
<b>Yoga</b>	This is a 60 min. class is for the beginner/ intermediate yoga student. Session ends w/ 10-15 min. of relaxation.				
<b>Zumba</b>	Party Yourself into shape! The Latin inspired, dance fitness party! The most fun you will ever have while you sweat!				
<b>DIY Functional Training</b>	Self- Paced workouts are posted weekly so you can come on your own schedule. All workouts can be modified according to your fitness level.				