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|  Summer Group Training Schedule  |
|  **Schedule is subject to change based on attendance** |
| Time | Monday | Tuesday | Wed. | Thursday |
| 12:15-12:50p | Intensity w/ Meka  | Senior Strength Circuit w/ Dee Dee OR Intensity w/ Meka | Intensity w/ Meka  | Senior Strength Circuit w/ Dee Dee OR Intensity w/ Meka |
| 4:15pm | Yoga w/ Sarah  |   | Yoga w/ Sarah  |   |
| 4:30pm  | Intensity w/ Meka | Intensity w/ Meka | Intensity w/ Meka | Intensity w/ Meka |
| Beginners are welcome in all classes and always encouraged to modify movements as necessary. |
| **Class Descriptions**  |
| **Bellies** | A 15 minute ab/ core class guaranteed to blast your belly! |
| **Functional Circuit** | This is a 30-45 minute circuit class that utilizes functional (everyday) movements to encourage both strength and cardiovascular conditioning. All levels welcome! |
| **Intensity** | This class concentrates on functional movements to help you get in the best shape of your life. You will never perform the same workout two days in a row! Don't let the name scare you, beginners are welcome!  |
| **Senior Strength Circuit** | This is a 35-40 min. circuit for all fitness levels. You can adjust exercises to be easier or more challenging. We perform movements for strength, mobility and balance. All ages and abilities are welcome. |
| **Yoga**  | This is a 60 min. class for the beginner/ intermediate yoga student. Session ends w/ 10-15 min. of relaxation.  |