|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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. | | | |