



GROUP FITNESS SCHEDULES

September 5 – 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-7:00am	Total Body Blast Jodi 5:30-6:10		Total Body Blast Jodi 5:30-6:10			
9:00-10AM	*TRX Laurie 8:30		*TRX Laurie 8:30a		*TRX Laurie 8:30	
10:00-11:00am						
11:00-12:00pm	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	
3:00-4:00pm						
4:00-5:00pm						
5:00-6:00pm						
	*TRX Laurie/Amy 5:15pm	Total Body Blast Kayla 5:15 – 5:50	*TRX Laurie/Amy 5:15pm	Total Body Blast Erin 5:10-5:50		

TRX Maximum of 8 Participants – First Come, First Serve

No Classes September 4th, in observance of Labor Day

Class Descriptions Below:

Total Body Blast: Hit each muscle group in this class! Total Body Blast builds a strong core, total-body strength and endurance. You will use weights, steps, bands and balls to help improve balance and strengthen muscles.

TRXTotal Body Resistance Training or suspension training builds a strong core, flexibility, strength and endurance. You will use only your body weight to help improve balance, strengthen muscles and joints in order to complete challenging exercises more effectively. You can take your performance to the next level or choose to modify movements for beginners or for members with limitations.

SilverSneakersIncrease muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.