

































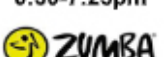

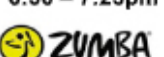


| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   | Sunday  |
|---|---|---|---|--|--|---|
| 8:00 – 8:55am<br><br>Lavel                       | 8:30 – 9:25am<br><br>Rachel                              | 8:00 – 8:55am<br><br>Body Sculpt<br>Lavel                  | 8:00-8:55am<br><br>Cardio Strength<br>Rachel               | 8:00 – 8:55am<br><br>Body Sculpt<br>Graciela               | 8:30 – 9:25am<br><br>Graciela   | 8:15-9:10am<br><br>Centering<br>Mitch              |
| 9:00 – 9:55am<br><br>Body Sculpt<br>KD            | 9:30 – 10:25am<br>Silver Sneakers<br>"Boom"<br><br>Micki | 9:00 – 9:55am<br><br>Maria                                 | 9:00 – 9:55am<br><br>Lavel                                 | 9:00 – 9:55am<br><br>Pure Energy<br>Graciela               | 9:30-10:30am<br><br>Cardio Strength<br>Rachel   | 9:30 – 10:25am<br>Dancehall Fitness<br><br>Johanna |
| 10:00 – 10:55am<br><br>Silver Sneakers<br>Debby B |   | 10:00 – 10:55am<br><br>Silver Sneakers<br>Micki            | 10:00 – 10:55am<br><br>Silver Sneakers<br>Joanna           | 10:00 – 10:55am<br><br>Silver Sneakers<br>Joanna           | 10:45 -11:40am<br><br>Essentrics<br>Alesia  |   |
| 11:00 – 11:55am<br><br>Silver Sneakers<br>Joanna  | 11:00 – 11:55am<br>The Back Class<br><br>Jeff            | 11:00 – 11:55am<br><br>Silver Sneakers Cardio Fit<br>Micki | 11:00 – 11:45am<br>Silver Sneakers<br>"Boom"<br><br>Micki  | 11:00 – 11:55am<br><br>Silver Sneakers Cardio Fit<br>Micki |  |   |
| 12:15 -1:15pm<br><br>Tai Chi<br>Peter            | 12:00 – 1:15pm<br>Gentle Yoga<br><br>Jane                |   | 12:00 – 1:15pm<br>Gentle Yoga<br>(75 Min)<br><br>Melaminah | 12:00 -12:55pm<br><br>Essentrics<br>Sue                    |  |   |
|   |   |   |   |  |  |   |
| 4:30 -5:25pm<br><br>Essentrics<br>Alesia       |   | 4:30 – 5:25pm<br><br>Yoga<br>Christina                   |   | 4:30 – 5:25pm<br><br>Yoga<br>Christina                   |  |   |
| 5:30 – 6:25pm<br><br>Cardio Strength<br>KD      | 5:30 – 6:25pm<br>Circuit Training<br><br>Graciela      | 5:30 – 6:25pm<br><br>Susana                              | 5:30 – 6:25pm<br><br>Bosu Sculpt<br>KD                   | 5:30 – 6:25pm<br><br>Lavel                               |  |   |
| 6:30 – 7:25pm<br><br>Yoga<br>Christina          | 6:30-7:25pm<br><br>Maria                               | 6:30 – 7:25pm<br><br>Pilates<br>Sylvia                   | 6:30 – 7:25pm<br><br>Maria                               |  | <b>1. Please wait before previous class has ended before entering</b><br><b>2. No personal items on the floor</b><br><b>3. Turn off cell phones before class</b><br><b>4. Most classes require a mat. Please check description in the back of this page.</b> |   |
|   |   |   | 8:00-10:00pm<br>Israeli Folk Dancing<br>*Additional fee   |  |  |   |

|                               |   |
|-------------------------------|---|
|                               | <i>All Levels *Mat Required</i>   |
| BOSU Sculpt                   | This class combines cardio, strength, and core stability training into one challenging total body workout.<br><i>Intermediate *Mat Required</i>   |
| Circuit Training              | A dynamic class involving upper and lower body. Increase strength and muscle mass leading to accelerated fat and calorie burning even while you sleep. Tone all your muscles and feel great!<br><i>All Levels *Mat Required</i>                           |
| Cardio Strength               | A fairly intense class combines cardio with weights and barbells. All in one – get your heart rate up and tone all your muscles groups!<br><i>All Levels *Mat Required</i>  |
| Centering                     | This class incorporates the use of light weights, stretching, Yoga, Tai Chi, Qi Gong, and dance. Enhance your mind, body, and soul.<br><i>All Levels *Mat Required</i>  |
| Dancehall Fitness             | Dancehall Fitness is a dynamic fitness class that fuses the newest and hottest steps from the party scene in Kingston, Jamaica into simple, easy- to- follow choreographies. Come sweat it out while jamming to your favorite tunes.<br><i>All Levels</i> |
| Essentrics                    | Aging backwards- Tai Chi, Aerobics, Ballet and Physical Therapy Techniques leave you pain-free, energized and balanced<br><i>All Levels *Mat Required</i>   |
| Gentle Yoga                   | A gentle class that incorporates breathing and stretching. Therapeutic and balancing for the mind and body.<br><i>Beginner *Mat Required</i>  |
| Pilates                       | This class works to build core strength, coordination, improve posture, correct alignment and improve flexibility.<br><i>All Levels *Mat Required</i>   |
| Pure Energy                   | A low to moderate impact class focused on fun and creative combinations. Includes abdominal toning and a total body stretch.<br><i>All Levels *Mat Required</i>   |
| Silver Sneakers               | This class puts together a variety of exercises to increase muscular strength, range of motion, and activity for daily living. Use of light weights, tubing, and a ball for resistance. A chair is provided for support.<br><i>Beginner</i>               |
| Silver Sneakers<br>"Boom"     | Focus on improving balance and flexibility with mindful breathing. Engage your core in a calming yet invigorating workout. A fun cardio workout will keep your body and mind fit.<br><i>All Levels *Mat Required</i>                                      |
| Silver Sneakers<br>Cardio Fit | A higher intensity dance workout class that improves cardio endurance and burns calories. Cardio Fit is all about breaking a sweat and having fun.<br><i>Beginner</i>   |
| Tai Chi                       | Tai chi is an ancient healing art with self-defense aspects. People have been practicing for hundred of years for purpose of longevity and health benefits. Its gentle movements and mindful practices are ideal for anyone.<br><i>All Levels</i>         |
| Yoga                          | A good remedy to balance the mind and body. It improves concentration, mental focus, balance, and flexibility.<br><i>All Levels *Mat Required</i>   |
| Zumba                         | A fusion of Latin dance themes set to international music that creates a dynamic, exciting, and effective fitness system. Easy to follow! No dance experience necessary.<br><i>All Levels</i>   |
| Zumba<br>Toning               | Incorporates lightweights along with music and dance. More than just dancing, adding weights will enhance your sense of rhythm while targeting legs, back, chest and arms.<br><i>All Levels</i>   |