

# Group Fitness



## APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Trish 8:00a - Synergy Trish 9:00a - Yoga April 9:00a - Aqua Fit Trish 10:15a - Tai Chi Trish 5:30p - Body Pump Bob 6:45p - Zumba Joseph	8:00a - Body Pump SueAnn 9:00a - Aqua Tabata Trish 4:00p - Body Pump SueAnn 5:30p - Body Pump Tonja 6:45p - Jiu Jitsu Matt Bright	5:00a - Jiu Jitsu (Women Only) *4/3, 4/17 Matt Bright/Aaron Todd 8:00a - Synergy Trish 9:00a - Aqua Fit Trish 10:15a - Active Agers Trish 12:15p - RPM Tonja 4:00p - Aqua Tabata Trish 5:30p - Body Pump Bob 6:45p - Zumba Joseph	5:15a - Spin Tricia 8:00a - Body Pump SueAnn 9:00a - Aquafit Trish 5:30p - Body Pump Tonja 6:45p - Zumba Joseph	5:00a - Jiu Jitsu (Women Only) *4/12, 4/26 Matt Bright/Aaron Todd 8:00a - 5K Training Trish 9:00a - Yoga Tami 4:00p - Jiu Jitsu (Youth) Matt Bright	8:00a - Body Pump Bob 9:15a - Yoga Leah 10:00a - Jiu Jitsu *4/6,4/20 Matt Bright 10:30a - Zumba Joseph
<b>Sunday</b> 2:00p - Yoga Leigh-Ann					





# CLASS DESCRIPTIONS

## **Run4Fun**

Beginner and intermediate running class that provides instruction on how to gradually increase mileage to be able to jog/run a 5k or 10k distance.

## **Body Pump**

A barbell-based workout that's specifically designed to help you get lean, toned, and fit.

## **Dance Fitness**

Dance fitness program that is a mix of explosive dancing and boot camp toning.

## **Power Waves**

An intermediate total body aqua fitness class.

## **Spin**

Indoor cycling class combining a foundation of cycling movements to create a low impact, high calorie burning workout.

## **Strong Seniors**

Low impact exercise class that focuses on strength, balance, flexibility, and functional movements for Senior adults.

## **Yoga**

The word yoga means to 'yoke' or 'unite'; the practice aims to create a union between mind and body.

**If you have any questions about group exercises classes, please reach out to Tricia Morris!**

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