

**DYNAMIC FITNESS GROUP EXERCISE SCHEDULE 7/1/24**

*Classes are 60 minutes in length.*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE - SARA	CYCLE - JANINE		CYCLE - SARA	CYCLE - JANINE		
8:00 AM						S & C - JANINE	
8:15AM		INTERVAL - JANINE		Strength & Core - JANINE			
8:30 AM						ZUMBA - SUE/SARAH	
9:00 AM		YOGA - PAM					ZUMBA - SUE
9:30 AM	ZUMBA - SARAH		ZUMBA - AMY		ZUMBA - SARAH		
10:00 AM							
5:30 PM	ZUMBA - LEAH		ZUMBA - LEAH				

**ROOM KEY:**

STUDIO A	STUDIO B	STUDIO C
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**CYCLE:** Instructor lead stationary bike workout set to motivating music for a serious cardiovascular workout.

**INTERVAL:** A combination of cardio moves with weights to keep you moving for maximum burn.

**S & C:** "Strength & Conditioning" - A weight based workout to build strength.

**Strength & Core:** A weight based workout that also incorporates elements of Pilates.

**PILATES:** Focusing on your core strength, this mind-body class focuses on stretching, strengthening and breathing to tone muscles, increase flexibility and improve posture.

**ZUMBA:** A Latin inspired dance class with inspiring music to get you moving.