

**DYNAMIC FITNESS GROUP EXERCISE SCHEDULE 5/7/19**

	MONDAY	TUESDAY	ROOM A	ROOM B	ROOM C	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE - SARA	CYCLE - JANINE		CYCLE - SARA	CYCLE - JANINE					
6:30 AM	YOGA - ANN			YOGA - DEE	YOGA - MARY				CYCLE - SARA	
7:30 AM									INTERVAL - JANINE	
8:30 AM	S & C - JANINE	INTERVAL - JANINE	CYCLE - KAREN	S & C - JANINE	CYCLE - JANINE	ZUMBA - TACOS				
		YOGA - DEE		YOGA - DEE						
9:30 AM	BARRE - JANINE	S & C - STEPHANIE	ZUMBA - AMY	PILATES - JANINE	YOGA - JOY					CYCLE - KAREN
	ZUMBA - DANIELLE	YOGA - JANINE								
10:00 AM										ZUMBA - VAL
10:30 AM			BARRE - AMY							
11:00 AM	LOW IMPACT-KIM	LOW IMPACT- KAREN	CHAIR YOGA - MARTHA	LOW IMPACT-KAREN	LOW IMPACT - KIM/SUE					
4:30 PM				ZUMBA - LEAH						
5:00 PM	PILATES - JANINE									
6:00 PM										
7:00 PM	ZUMBA - SUE		ZUMBA - LEAH							

**BARRE:** Barre is a ballet inspired workout for strengthening and conditioning your body, while maintaining your posture. The class uses body weight and light weights to tone and lengthen.

**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.

**LOW IMPACT:** Low impact moves to increase your heart rate. Possible weights for strengthening, core work and balance exercises.

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

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

**YOGA:** Yoga is a mind-body class designed to improve your strength, flexibility, focus and release stress. Come find the right class for you.

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