

DYNAMIC FITNESS GROUP EXERCISE SCHEDULE 9/12/19

			ROOM A	ROOM B	ROOM C		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE - SARA	CYCLE - JANINE		CYCLE - SARA	CYCLE - JANINE		
6:30 AM	YOGA - DEE		YOGA - DEE		YOGA - MARY	CYCLE - SARA	
7:30 AM				CYCLE - LYNN		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	YOGA - JANINE	ZUMBA - AMY	PILATES - JANINE	YOGA - JOY		CYCLE - KAREN
	ZUMBA - DANIELLE	S & C - STEPHANIE					
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 - 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.