

DYNAMIC FITNESS GROUP EXERCISE SCHEDULE 9/8/2020

<i>Classes are 45 minutes in length.</i>			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							
7:30 AM							
8:15 AM		INTERVAL - JANINE					
8:30 AM	S & C - JANINE			S & C - JANINE		ZUMBA - TACOS	
9:15 AM							
9:30 AM			ZUMBA - AMY	PILATES - JANINE			
9:45 AM	ZUMBA - SUE						
10:30 AM			LOW IMPACT - AMY				
11:00 AM					LOW IMPACT - SUE		
4:30 PM				ZUMBA - LEAH			
6:00 PM							
7:00 PM			ZUMBA - LEAH				

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.

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