

DYNAMIC FITNESS GROUP EXERCISE SCHEDULE 9/7/2021

Classes are 45 minutes in length.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE - SARA	CYCLE - JANINE		CYCLE - SARA	CYCLE - JANINE		
6:30 AM							
7:30 AM							
8:30 AM		INTERVAL - JANINE					
8:30 AM	S & C - JANINE			S & C - JANINE		ZUMBA - DANIELLE	
9:30 AM	ZUMBA - SUE	YOGA - DEE	ZUMBA - AMY	PILATES - JANINE	DANCE CARDIO & SCULPT- SUE		
10:00 AM							*New! ZUMBA - SUE
5:30 PM	*New! ZUMBA - LEAH						
6:00 PM							
7:00 PM			ZUMBA - LEAH				

ROOM KEY:

STUDIO A	STUDIO B	STUDIO C
----------	----------	----------

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.

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.