

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Indoor Cycle</b> 6:40-7:40am  <b>Dunedin Warriors</b> 7:30-8:15am  <b>Yoga-lates</b> 8-8:50am  <b>POUND</b> 9-9:45am  <b>Stretch, Move &amp; Tone</b> 10-10:55am	   <b>Fit for All Ages</b> 8-8:50am  <b>Yoga</b> 9-9:55am  <b>Zumba Gold</b> 10-10:55am	<b>Indoor Cycle</b> 6:40-7:40am    <b>Yoga-lates</b> 8-8:50am  <b>Full Body Workout</b> 9-9:55am  <i>Jazzercise Low Impact 10-11am</i>	   <b>Strong by Zumba</b> 8-8:50am  <b>Yoga</b> 9-9:55am  <b>Zumba Gold</b> 10:00-10:55am	<b>Indoor Cycle</b> 6:40-7:40am    <b>Pilates</b> 8:00-8:55am  <b>Zumba Gold Toning</b> 9:00-9:55am  <b>BLT</b> 10:00-10:55am
<b>Zumba Gold Toning</b> 11am-12pm		<b>Laughter for Health</b> 11-11:45am  <b>Yin Yoga</b> 4-4:55pm		SATURDAY
<b>Fit for All</b> 5-6:10pm  <i>Jazzercise 6-7pm</i>  <b>Weight Training 101</b> 6:15-6:50  <b>Hatha Yoga</b> 7-8pm	<b>"Two in One"</b> 5-6:20pm  <i>Jazzercise 6-7pm</i>	<b>30/30 Fusion</b> 5-5:55pm  <b>Yoga</b> 6-6:55pm  <b>Indoor Cycling</b> 6:15-7:00pm  <b>Zumba</b> 7:00-8:00pm	<b>Tone Up/Tone Down</b> 5:00-5:50pm  <i>Jazzercise 6-7 pm</i>  <i>Mindfulness * Meditation Drop-In 7-8 pm</i>	<i>Zumba Drop-In 8:45-9:45am</i>  <i>Jazzercise 10-11 am</i>  <b>Yoga</b> 11:15am-12:15pm  

**Pricing Key:** \$ Rec Card / \$ No Card

**Bolded:** Classes are part of "GEX Combo" or individual classes: \$5/\$7

*Italics:* Not included in the "GEX combo" ; Zumba & Yoga Nidra Drop-In : \$5/\$7 Jazzercise: Fees are paid to them directly

\* = New class / time change

# Class Descriptions

**BLT:** Tighten those glutes, strengthen those legs and firm up those abs. This class will consist of low impact exercises and resistance training to improve and lean out your muscles. Get that body bathing suit fit.

**Dunedin Warriors:** This class has it all; speed training that will be sure to get you energized, agility tasks to assist your coordination and challenging aerobic exercises that are sure to get your heart beating. Invigorating Monday Morning!

**Fit for All:** 75 minutes of nonstop low impact movement for all fitness levels that will challenge all of your muscles. Starting with easy to follow cardio and moving to full body strength training then to core and ab work finishing up with long stretch moves incorporating yoga, Pilates and ballet. This class has it all for everyone!

**Fit for All Ages:** Join us in this low-impact, intense total body toning workout suitable for all levels of fitness. You will strengthen your body, improve balance, increase flexibility, and enhance your stamina. This class will help get you in the fat burning zone and will be followed by a relaxing full body stretch.

**Full-Body Workout:** This one hour overall body workout consists of warm up and conditioning exercises for all fitness levels. After a full body warm up, get ready to improve your coordination, body strength and cardio endurance.

**Hatha Yoga:** A strong and challenging class designed to focus on vinyasa, strength and core, perfect for practitioners with an established practice while creating a supportive environment for the student transitioning into a stronger practice .

**Indoor Cycling** – This class is a great cardiovascular workout, as well as upper body strength training, and stretching. Pedal through climbs, sprints, and other resistance challenges along to motivating music. All levels are welcome to join our friendly group. Remember to bring a towel and water bottle!

**Laughter for Health:** Laughter Yoga promotes a strong union between those who laugh together resulting in a family-like bond. Laughing also helps boost the immune system and helps increase circulation. Laughter makes us feel good, creates positive energy, and helps build self-confidence.

**Mindfulness Meditation:** In this class you will be guided through a detailed sleep meditation that will allow your mind and body to slip into a deep state of relaxation. The brain will switch from beta to alpha waves, signaling the transition from activity to meditation. Receive deep rest and restoration and reduce stress and tension in this extremely healing practice.

**Pilates:** Build strength without "bulking up". Pilates elongates and strengthens muscles, improving flexibility and joint mobility. Increase strength throughout the "core" muscles to help improve posture and balance.

**POUND®-** Pound is an upbeat, energetic, full body workout! It combines drumming, cardio, strength training and conditioning into fat burning and toning class. Come ready to sweat, make noise, have fun and release your inner rock star. With this full body rockout workout, you'll get lost in the music and walk away with an incredible workout. This class is designed for all fitness levels.

**Stretch, Move & Tone:** Deep stretching focused on lengthening & loosening tight muscles, improving circulation, relaxation, posture and increasing energy through a combination of rhythmic coordination, stability, flexibility & fun. Choreographed and taught by Arielle Giordano.

**Strong by Zumba :** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Tone Up/Tone Down:** Incorporates cardio training with toning exercises for the upper and lower body. This calorie burning class will help you get into your fat burning zone and will be followed by a relaxing full body stretch.

**Two in One:** Two classes in one-cardiovascular/ resistance training and a core workout all in one class. This class has it ALL

**Weight Training 101:** Work all major muscle groups while learning proper form and tempo with all types of resistance equipment.

**Yin Yoga:** Yin Yoga is slower paced Yoga where postures are held longer. Yin yoga targets the connective tissues helping to increase circulation in the joints and improve flexibility. Perfect for a mind-body connection!

**Yoga:** Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

**Yoga-lates:** Can't decide between Yoga and Pilates? Then try Yoga-lates, a blend of the two methods that involve attaining specific postures and emphasizing correct breathing.

**Zumba :** A Latin-inspired dance fitness class designed for everyone. It is a cardio program that utilizes the principles of interval training through fun, easy-to-do dance moves that work the core muscles to help improve balance, stability, and movement.

**Zumba Gold :** This program is designed for participants with very little experience, individuals that have physical limitations or inactive older adults. The system was created to be easier than the basic Zumba class but just as much fun.

**Zumba Gold Toning :** The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners.

**30/30—Fusion:** Low impact cardio exercises designed to get your heart rate up. This class will also include upper body strength and core training all mixed into one workout. Come for all or just one 30-minute segment. Appropriate for all fitness levels.