

Fitness Zone Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am Pilates			7:30 am Pilates		
8:30am Yoga	8:30 am HIIT	8:30 am Core & More	8:30 am Spinning		8:00 am Yoga
9:30 am Spinning				9:30 am Cardio Sculpt	9:00 am Zumba
	10:30 am Silver Sneakers Classic	10:30am Silver Sneakers Classic	10:30 am Silver Sneakers Classic		
	4:15 pm Spinning	4:15 pm Spinning			
5:45 pm Zumba	5:30 pm Step	5:30 pm Step	5:30 pm Yoga	5:45 pm Zumba	
7:00 pm Zumba Toning	6:45 pm Zumba	6:45 pm Zumba	6:30 pm Zumba		

Step: Intermediate class that incorporates various patterns and combinations using a step bench.

Spinning: High intensity workout using a stationary bike to simulate a cycling program.

Pilates: Core exercises that teach body awareness and posture; improves flexibility and agility.

Zumba: High energy class using Latin steps fused with other international movements.

Yoga: Series of postures – students move quickly from one pose to another in an effort to build strength and flexibility.

Silver Sneakers Classic: Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball are offered for resistance, and a chair is used for seated support.

HIIT : High Intensity Interval Training

(CHILD CARE AVAILABLE DURING MOST CLASS TIMES)

HOURS: Monday - Thursday: 5am – 9pm / Friday: 5am – 8pm / Saturday: 7am – 6pm / Sunday: 12pm – 6:00pm

803-438-3811 / www.fitnesszonelugoff.com