



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



GROUP FITNESS CLASS SCHEDULE
SUMMER I SESSION
EVENING CLASSES
 June 3 - July 13, 2019

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:30 - 6:15 PM	Cardio & Strength	Body Weight	POUND®	Zumba®		
5:30 - 6:30 PM	Taekwondo Youth (5-11 Years Old) AP Room					
6:30 - 7:30 PM	Taekwondo Adult (12 & Up) AP Room					



BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

BODY WEIGHT: This intensive class focuses on the full body using your bodyweight while building muscular endurance. **Instructor - Morgan**

CARDIO & STRENGTH: This 30-minute class combines high/low impact aerobics with strength training to achieve the ultimate high energy, fat burning workout. **Instructors - Andi**

POUND®: This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using Ripstix®, lightly weighted drumsticks for exercising.

POUND® transforms drumming into an incredibly effective way of working out. **Instructor - Kim**

ZUMBA®: Add a little sizzle to your week by combining high energy and motivating Latin music with unique moves and combinations. **Instructor - Michelle T.**

TAEKWONDO: This is a modern Korean martial art similar to Karate that helps with fitness, self-defense, and confidence. Taekwondo utilizes punches, jabs, chops, blocking, knees, leaps, and kicks.

Member Fee: FREE Non-Member Fee: \$30

Instructors - Jessica, Paul & Makayla