

GROUP FITNESS

TOOYOURHEALTHSPAS.COM SPA 2 352.237.6149

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	EASY DOES IT w/ Fred				EASY DOES IT w/ Fred	
8:30 AM				STEP w/ WEIGHTS		
9:00 AM		ZUMBA w/ SILVIA		ZUMBA w/ SILVIA		
10:00 AM	YOGA w/ Tracy		YOGA w/ Tracy		YOGA w/ Tracy	
11:00 AM		Water Arobics w/Sharon		Water Arobics w/Sharon		
12:00 PM	ZUMBA w/ JOE		ZUMBA w/ Wilma		ZUMBA w/ SILVIA	
1:00 PM	Water Arobics w/Sharon		Water Arobics w/Sharon		Water Arobics w/Sharon	
5:00 PM						
5:30 PM			ZUMBA w/ SILVIA			
6:00 PM	ZUMBA w/ SILVIA					
LIGHTER SIDE / "SILVER SNEAKERS"			METABOLISM BOOSTER / FAT BURNER		MIND / BODY RELAXING	
<u>EASY DOES IT-</u> LIGHT CARDIOVASCULAR ACTIVITY. EXCELLENT FOR SENIORS & BEGINNERS			<u>ZUMBA CARDIO DANCE-</u> SUPER FUN !! CHOREOGRAPHED		<u>YOGA-</u> STRETCHING, BREATHING, BALANCING, RELAXING, & TONING.	
WATER AEROBICS-LIGHT CARDIO ACTIVITY			ROUTINES TO LATIN HIP HOP &		STRECHING DELIBERATELY, FLEXED	
ACTIVITY, W/ TONING, RESISTANCE & STRETCHING			TODAY'S HITS		TO ACHIEVE MUSCLE TONE	