



GROUP FITNESS SCHEDULE – DUNNELLON SPA

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MONDAY

8:00AM WATER AEROBICS w/ADELE
 8:30AM BODYSTEP VOD
 9:30AM WATER AEROBICS w/JIM
 9:30AM Stretch & Strength w/Lucy
 10:30AM CARDIO DRUM w/Lucy
 11:00AM WATER AEROBICS w/JIM
 11:30AM CHAIR YOGA w/Ellen

TUESDAY

9:15AM SILVER SNEAKERS CLASSIC w/Jane
 10:30AM Cardio PUMP w/Carrie
 11:30AM ZUMBA w/Dang
 4:30PM YIN YOGA w/Ellen
 5:00PM BOOM Kickbox Power Hour w/Amanda

WEDNESDAY

8:00AM WATER AEROBICS w/ADELE
 9:00AM BODYSTEP VOD
 9:30AM WATER AEROBICS w/JIM
 11:00AM WATER AEROBICS w/JIM
 11:15AM ZUMBA GOLD w/Lucy

THURSDAY

9:15AM SILVER SNEAKERS CLASSIC w/Jane
 10:30AM BARRE PILATES w/Carrie
 11:30AM ZUMBA w/Dang
 4:30PM YIN YOGA w/Ellen

FRIDAY

8:00AM Water Aerobics w/Adele
 8:30AM BODYSTEP VOD
 9:30AM Stretch & Strength w/Lucy
 9:30AM WATER AEROBICS W/JIM
 10:30AM BODYSTEP VOD
 11:00AM WATER AEROBICS W/JIM
 11:30AM CHAIR YOGA w/ Ellen

SATURDAY

8:00AM WATER AEROBICS w/Adele
 9:00AM BOOM Kickbox Power Hour w/Gino
 9:00AM STRONG NATION w/Lucy
 10:00AM ZUMBA w/Lucy
 11:15AM PILATES VOD

CLASS DESCRIPTIONS: (VOD denotes video presentation – No live instructor)

BARRE: Tone & sculpt your lower body & core with ballet inspired movements.

BODYSTEP VOD: A rhythmic step aerobics workout designed to tighten your butt and thighs.

BOOM Kickbox Power Hour: High intensity full body kickbox theme workout focusing on cardio, strength and core exercises.

Cardio PUMP: Barbell based workout featuring high reps with low weight set to heart pumping high energy music.

Cardio Drum: Combines cardio exercises and drumming to the rhythm of the music in an easy but effective workout.

Chair Yoga: Seated and standing yoga poses that help improve breathing, stretching and range of motion.

Pilates: Floor exercise employs controlled breathing during body weight movement to build core strength.

Silver Sneakers Classic: Seated & standing chair exercises set to music that helps improve range of motion, strength and balance.

Stretch & Strength: Focusing on strength exercises & whole-body stretching.

STRONG NATION: Music driven high intensity interval training workout.

WATER AEROBICS: A low impact pool workout that's easy on the joints and improves your cardio, strength, and balance.

YIN Yoga: A slow-paced style with focus on strength, deep stretches and meditation while holding poses for long periods of time.

Zumba: Exhilarating, Latin-inspired, calorie-burning cardio dance.

Zumba Gold: Easy to follow, low impact, Latin dance party. This class will also offer seated options if needed.

POOL/SPA INFORMATION: OPEN SWIM is DAILY until 15 mins before Close. Lap swimmers have priority during open swim.

CHILD CARE HOURS: Mon/Tue/Wed/Thur/Fri/Sat 8:30AM-11:30AM | Mon/Tue/Thur 4:30PM-7:30PM (rev. 07-01-23)