



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
 7:00PM BOXING Fitness w/Gavin

TUESDAY

9:15AM SILVER SNEAKERS CLASSIC w/Jane
 11:30AM ZUMBA w/Dang
 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
 7:00PM BOXING Fitness w/Gavin

THURSDAY

9:15AM SILVER SNEAKERS CLASSIC w/Jane
 11:30AM ZUMBA w/Dang

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

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

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.

BOXING FITNESS: Improve your fitness level with the use of boxing techniques for a heart pumping full body workout.

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.

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.

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

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:

Mornings:

Mon/Tue/Wed/Thur/Fri/Sat 8:30AM-11:30AM

Evenings:

Mon/Tue/Thur 4:30PM-7:30PM