

## Group Exercise Classes\*

Monday	Tuesday	Wednesday	Thursday	Friday
6am – 6:45am HIIT (CFH Employees Only)	8:05am – 8:55am Beginner Functional Training I	6am – 6:45am HIIT (CFH Employees Only)	8:05am – 8:55am Beginner Functional Training I	
9:05am – 10:00am Total Body Conditioning (TBC)	9:05am – 10am Zumba Gold	9:05am – 10:00am Total Body Conditioning (TBC)	9:05am – 10am Zumba Gold	9:05am – 10:00am Total Body Conditioning (TBC)
11am – 11:45am Weight/Cardio Orientations	11:05am – 11:35am Stretch	11am – 11:45am Weight/Cardio Orientations	11:05am – 11:35am Stretch	11am – 11:45am Weight/Cardio Orientations
12:10pm – 1pm Silver Sneakers (circuit)	12pm – 1:30pm BOOM	12:10pm – 1pm Silver Sneakers (circuit class)	12pm – 1:30pm BOOM	12pm – 1pm Silver Sneakers (circuit)
4pm – 5pm Yoga	5:35pm – 6:25pm Advanced Functional Training	4pm – 5pm Yoga	5:35pm – 6:25pm Advanced Functional Training	
	6:35pm – 7:25pm ZUMBA Toning		6:35pm – 7:25pm ZUMBA	<b>Saturday</b> 9am – 10am ZUMBA

\*Class schedule effective 09/09/19 – 09/13/19 and subject to change.

**Total Body Conditioning:** This stimulating class will challenge even the experienced fitness enthusiast. Toning and abdominal exercises are guaranteed.

**Step Aerobics:** Work up and end-of-the-day sweat by participating in a low-impact, high-intensity program.

**Stretch:** Take a 30-minute 'total body' stretch break and increase your flexibility.

**Pilates:** Looking to tone those abdominal muscles? This class targets those hard-to-reach core muscles while helping with balance, coordination, and relaxation.

**Yoga:** A workout designed to invigorate the mind, body, and soul. 60 minutes.

**Beginner & Advanced Functional Training:** Pump it up! Challenge yourself with a total body workout using a variety of weight training exercises. Choose your intensity.

**ZUMBA & Zumba Gold:** Join the party by losing yourself in this Latin-inspired dance and cardio class. With upbeat tempos, 60-minutes of fitness have never been so fun! Gold is a modified version for active adults at a lower intensity.

**Silver Sneakers® BOOM and Circuit:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated and/or standing support (except in BOOM).

**Weight/Cardio Orientations:** Learn how to use the cardio machines and/or weights. Individuals or groups are welcome.