



# GROUP CLASS SCHEDULE 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cardio Sculpt</b> 8:45 - 9:45 - Studio A with Brenda		<b>Cardio Sculpt</b> 8:45 - 9:45 - Studio A with Brenda		<b>Exercise on Demand</b> 8:45 - 9:45 Studio A
<b>SilverSneakers Classic</b> 10:00 - 10:50 Studio B with Barbara	<b>SilverSneakers Classic</b> 10:00 - 10:50 Studio B with Elaine	<b>SilverSneakers Circuit</b> 10:00 - 10:50 Studio B with Brenda	<b>SilverSneakers Classic</b> 10:00 - 10:50 Studio B with Elaine	<b>SilverSneakers Classic</b> 10:00 - 10:50 Studio B with Bill
<b>Hatha Yoga</b> 11:15 - 12:15 - Studio B with Jana	<b>Chair Yoga</b> 11:00 - 11:50 - Studio B with Elaine	<b>Hatha Yoga</b> 11:15 - 12:15 - Studio B with Jana	<b>Chair Yoga</b> 11:00 - 11:50 - Studio B with Elaine	
<b>Equipment Orientation</b> 2:00 - Wellness Center with Ken		<b>Equipment Orientation</b> 2:00 - Wellness Center with Ken		<b>Equipment Orientation</b> 2:00 - Wellness Center with Ken
<b>High Intensity Interval Training (HIIT)</b> 6:30 - 7:00 Studio A with Jana		<b>Dance Your Booty Off</b> 6:30 - 7:20 - Studio A with Jana		

213 PERRY STREET POMONA PARK, FL 32181 386-649-8784 [www.putnamfitness.com](http://www.putnamfitness.com)

## **Group Exercise on Demand**

Join the early risers for an energetic start of the day utilizing DVD group exercise programs incorporating cardiovascular and resistance training.

### **Silver Sneakers Classic—Multi Level**

A total body conditioning class for senior adults designed to increase muscle strength, range of movement and functional skills for activities of daily living.

### **Silver Sneakers Circuit—Multi Level**

Experience standing positions for low-impact cardiovascular training alternated with upper-body muscular strength and toning segments.

### **Cardio-Sculpt—Multi Level**

A format designed for the active adult combining low-impact cardio movements followed by strength training using handheld weights.

### **Chair Yoga—All Levels**

Class design focuses on poses and postures to improve range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support.

### **Hatha Yoga—All Levels**

The practice of Hatha yoga focuses on total mastery of the physical body, including all bodily functions. It also emphasizes activating the chakras in order to stimulate *kundalini* and promote spiritual and physical wellness, including disease elimination.

### **HIIT— All Levels**

A combination of brief, very-high intensity bursts of cardio exercise followed by equal or longer periods of rest. This class is designed for all fitness levels, beginner to advanced.

### **Dance Your Booty Off— All Levels**

A whole body workout that's actually fun. It's good for your heart, it makes you stronger, and it can help with balance and coordination. A 50-minute dance class burns between 240 and 450 calories, about the same as jogging.

## **HOURS OF OPERATION**

**MONDAY, WEDNESDAY 6:30-8:00**

**TUESDAY, THURSDAY 7:00-8:00**

**FRIDAY 6:30-6:30**

**SATURDAY 8:00-1:00**