



# GROUP CLASS SCHEDULE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45-9:45 STUDIO A</b> <b>BRENDA</b> 		<b>8:45-9:45 STUDIO A</b> <b>BRENDA</b> 		<b>8:45-9:45 STUDIO A</b> 
<b>10:00-10:50 STUDIO B</b> <b>BRENDA</b> 	<b>10:00-10:50 STUDIO B</b> <b>ELAINE</b> 	<b>10:00-10:50 STUDIO B</b> <b>BRENDA</b> 	<b>10:00-10:50 STUDIO B</b> <b>ELAINE</b> 	<b>10:00-10:50 STUDIO B</b> <b>BILL</b> 
	<b>11:00-11:50 STUDIO B</b> <b>ELAINE</b> 		<b>11:00-11:50 STUDIO B</b> <b>ELAINE</b> 	
<b>11:15-12:15 STUDIO B</b> <b>JANA</b> 	<b>11:00-Wellness Center</b> <b>Equipment Orientation</b> <b>with Ken</b>	<b>11:15-12:15 STUDIO B</b> <b>JANA</b> 	<b>2:00-Wellness Center</b> <b>Equipment Orientation</b> <b>with Ken</b>	

*Member Equipment Orientation starts May 20th—Sign up at the front desk*

CLASS DESCRIPTIONS ON REVERSE SIDE

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

## 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

### **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.