



# GROUP CLASS SCHEDULE 2019

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

*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.

#### **Zumba—All Levels**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.