



GROUP CLASS SCHEDULE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:45 STUDIO A BRENDA <div style="background-color: red; color: white; padding: 5px; display: inline-block;">CARDIOSCULPT</div>	9:00-10:00 STUDIO A **KATHIE ZUMBA	8:45-9:45 STUDIO A BRENDA <div style="background-color: red; color: white; padding: 5px; display: inline-block;">CARDIOSCULPT</div>	9:00-10:00 STUDIO A KATHIE ZUMBA	8:45-9:45 STUDIO A
10:00-10:50 STUDIO B BRENDA 	10:00-10:50 STUDIO B ELAINE 	10:00-10:50 STUDIO B BRENDA 	10:00-10:50 STUDIO B ELAINE 	10:00-10:50 STUDIO B BILL
	11:00-11:50 STUDIO B ELAINE CHAIR YOGA		11:00-11:50 STUDIO B ELAINE CHAIR YOGA	
11:15-12:15 STUDIO B JANA yoga		11:15-12:15 STUDIO B JANA yoga		

**ZUMBA RESUMES ON TUESDAY 04/16/2019

CLASS DESCRIPTIONS ON REVERSE SIDE

213 PERRY STREET POMONA PARK, FL 32181 386-649-8784 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.