


Class schedule is online at www.greatlifegolf.com/-fitness-classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Strength & Weights 5:30a-6:15a Ginger	Cycle 5:30a-6:15a Ginger/Mike	Strength & Weights 5:30a-6:15a Ginger	Cycle 5:30a-6:15a Ginger		Cycle 7:30a-8:15a John
		Active Yoga 9:00am Mary		Active Yoga 9:00am Mary		Core & More 9a-9:45a Bev Yoga 9a-9:45a Sherry
	Active Older Adult 10a-10:45a McKensie		Active Older Adult 10a-10:45a McKensie		 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Aerobics Studio Conference Room </div>	
Core and More 5:30p-6:15p Bev	Zumba 5:30p-6:15p Candace	Boot Camp 5:30p-6:15p Bev	Zumba 5:30p-6:15p Candace			
Evening	Yoga 6:30p-7:15p Sherry		Yoga 6:30p-7:15p Sherry			

Active Older Adult	This is an uplifting class incorporating light aerobics, free weights & balance training. Advanced beginners to Intermediate.
Active Yoga	Warm up with Tai Chi, train your cardio system, functional strength, muscle balance & flexibility with PilatesFit & YogaFit. Advanced beginners to advanced.
Core and More	Tighten, tone, and sculpt all muscle groups with an emphasis on the core throughout this highly engaging and informative class. You will chose dumbbells, exercise balls, & other pieces of equipment as the resistance tools you need to increase balance and strength! Deep stretching is embedded to round out this fantastic workout!
Boot Camp	Strength, cardio, muscle endurance, flexibility, core and functional movement patterns are all in one class! We never repeat the same class twice! All fitness levels are welcome and highly encouraged!
Cycle	A spin bike class of high intensity cycling that includes sprints, heavy climbs for strength, and other techniques that target the core. All fitness levels are welcome!
Strength & Weights	Full body workout using a variety of equipment - geared to improve overall strength and burn calories. Short bursts of cardio are also incorporated in the class.
Yoga	Come relax the mind, energize the the body, and rejuvenate the soul! This is a hatha/anusara based class. We begin with breath work, asanas (poses) that improve flexibility, strength and balance. Focus is on body alignment as well. All Fitness Levels.
Zumba	Combine high energy Latin/International music with unique dance moves to create a fat burning, total body workout. All Fitness Levels.