



FIT ZONE



Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15 am Sittercise Lisa		7:30-8:15 am Sittercise Lisa		7:30-8:15 am Sittercise Lisa	
8:30-9:15 am Sittercise Von	8:30-9:15 am Zumba Gold Von	8:30-9:15 am Sittercise Von	8:30-9:15 am Zumba Gold Von	8:30-9:15 am Sittercise Von	
9:30-10:30 am Body Sculpt Lisa	9:30-10:30 am Step Sculpt Von	9:30-10:30 am Body Sculpt Lisa	9:30-10:30 am Zumba Lisa	9:30-10:30 am Yoga Lisa	
10:45-11:45 am Strong by Zumba Von		10:45-11:30 am 15-15-15 Von	10:45-11:45 am Flex & Flow Von	10:40-11:10 am Step Lisa	
	4:30-5:25 pm 15-15-15 Rondi				
5:30-6:30 pm Flex & Flow Rondi	5:30-6:30 pm Zumba Toning Sheila	5:30-6:30 pm Zumba Sheila	5:30-6:30 pm Step Sculpt Rondi	5:30-6:30 pm Zumba Rondi	
6:40-7:40 pm Zumba Rondi	6:40-7:40 pm Line Dance Sheila	6:40-7:40 pm Body Sculpt Rondi	6:40-7:40 pm Flex & Flow Rondi		

For more class information, please call us at 214-947-0678

Please be sure to swipe your card before the start of each class. Athletic shoes and attire are required to participate. All fitness levels are welcome to all classes.

Schedules are subject to change depending on class attendance

CLASS DESCRIPTIONS

Body Sculpt - A total body workout that consists of resistance training, promoting a healthy heart and overall wellness.

Sittercise - This low impact class can be done from your chair. It contains fun music incorporated with strength exercises that promote strong bones and flexibility.

Step Sculpt - Basic step moves with interval training. Basic step utilizes the step (elevated platform) to increase your heart rate and target your hips, abdominals, and glutes. Weight training will allow you to tone your muscles and build lean muscle mass. This a great total body, low impact workout.

Zumba - Ditch the workout and join the party! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Zumba Toning - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Zumba Gold - Zumba Gold targets the largest growing segment of the population: Baby Boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Strong by Zumba - Combines high intensity interval training with the science of synced Music Motivation. Challenging and fun!

Line Dance - Come join us for a fun class of line dancing. We will break down some of the most popular line dances and get your heart rate pumping!

Yoga - Basic yoga. Beginner to intermediate level.

15-15-15 - Total body workout with a combination of any of the following: 15 minutes of cardio, 15 minutes of upper/lower body toning, 15 minutes of stretching.

Flex & Flow - Various stretches and flowing, toning & flexibility exercises. Come be challenged with something new!