

# Group Fitness Schedule

## Arcadia Branch

Fall I

August 28-October 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Power Yoga</b> Maria 8:15-9:15	
<b>Step Intervals</b> Kim 8:45-9:45	<b>Sculpt &amp; Tone</b> Jen 8:45-9:45	<b>Fitness Medley</b> Karen 8:45-9:45	<b>PIYO</b> Karen 8:45-9:45	<b>Cardio Combo</b> Kim 8:45-9:45	<b>Zumba™</b> Jessica 9:30-10:30	
<b>In the Middle</b> Anna Lisa 10:00-10:45			<b>In The Middle</b> Karen 10:00-10:45			
<b>PACE</b> Anna Lisa 11:00-11:45		<b>Tai-Chi</b> Cheryl 10:15-11:15	<b>PACE</b> Karen 11:00-11:45	<b>Yoga Kids</b> Maria 4:30-5:30		
<b>POUND</b> Regina 4:45 -5:45	<b>H.I.I.T Circuit</b> Karen 5:30-6:15	<b>Zumba™</b> Gwynne 5:00-6:00		<b>Power Yoga</b> Maria 5:30-6:30		
<b>BURN</b> Kristin 6:00-7:00		<b>Stronger</b> Kristin 6:15-7:15	<b>Zumba™</b> Laura 5:45-6:45			
<b>Power Yoga</b> Maria 7:15-8:15	<b>Yoga Flow</b> Janice 7:00-8:30		<b>Yoga Flow</b> Janice 7:00-8:30			

**NEW CLASS: POUND**

Monday Nights at 4:45pm

This is a fun, energetic cardio based workout using lightly weighted drumsticks.

Suitable for all ages and fitness levels!

Classes subject to change.  
Inform instructor of injuries or limitations.  
Call 539-2306 for all inquiries  
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