

LOVE & BLACK HISTORY MONTH

February 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Upcoming Events & Meetings:

Every Friday(4P-7:30P), Saturday(8A-1:30P) & Sunday(1P-4:30P) FREE PLAY BASKETBALL
 Beanbag Baseball (Every Thursday & Friday Morning)
 28th Seniors On The Go Brunch 10A-12P

3 No Organized Practice	4 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	5 YOGA 8A GET LOW 10A SPIN 5P KONCRETE ROSE HIIT 5:30P	6 YOGA 8A ZUMBA GOLD 8:30A SPIN 5P	7 BBB 8A SPIN 5P YOGA 5:30P ZUMBA W/JACOBY-5:30P	8 EARLYBIRD SPIN 5:15A BBB 8A GET LOW 9A	9 No Organized Practice
10 No Organized Practice	11 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	12 YOGA 8A GET LOW 10A SPIN 5P ZYDECO 5:30P	13 YOGA 8A ZUMBA GOLD 8:30A SPIN 5P	14 BBB 8A SPIN 5P YOGA 5:30P ZUMBA W/JACOBY-5:30P	15 EARLYBIRD SPIN 5:15A BBB 8A GET LOW 9A	16 No Organized Practice
17 No Organized Practice	18 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	19 YOGA 8A GET LOW 10A SPIN 5P KONCRETE ROSE HIIT 5:30P	20 YOGA 8A ZUMBA GOLD 8:30A SPIN 5P	21 BBB 8A SPIN 5P YOGA 5:30P ZUMBA W/JACOBY-5:30P	22 EARLYBIRD SPIN 5:15A BBB 8A GET LOW 9A	23 No Organized Practice
24 No Organized Practice	25 YOGA 8A SR SPIN 9A LINE DANCE 9A SPIN 5P PT-30 5:30P PILATES 6P	26 YOGA 8A GET LOW 10A SPIN 5P ZYDECO 5:30P	27 YOGA 8A ZUMBA GOLD 8:30A SPIN 5P	28 BBB 8A Brunch 10A SPIN 5P YOGA 5:30P ZUMBA W/JACOBY-5:30P	 	

P/T-30-A total body conditioning class demonstrating, core training, bands, and weights. All fitness levels are welcomed

Get Low-Moderate impact level workout designed for the young and young at heart. Combines floor aerobic moves, balance, fitness bands and abdominals.

Pilates-Pilates improves your mental and physical well being through a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding any muscle bulk. Great for seniors and people who are in physical rehabilitation.

Zumba-exciting dance workout class designed to burn fat through cardio dance Salsa Style.

Zydeco Fitness-High energy aerobics class done to Louisiana Zydeco music. Creative Intense and Entertaining choreography, resulting in a fun and effective way to condition the entire body inside and out. Helps to increase Energy levels, Endurance and muscle Strength

Koncrete HIIT-Seriously Challenging (High Intensity Training)... Builds Endurance- Burns calories and fat in a shorter period of time-You'll Lose Weight, Not Muscle -You'll Increase Your Metabolism

Zumba Gold-Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. choreography that focuses on balance, range of motion and coordination.

Line Dance-a unique form of exercise that provides the heart-healthy **benefits** of an aerobic exercise while also allowing you to engage in a social activity.

Spinners 101-Indoor Cycling – This **class** is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome

Class times are subject to change