

# GROUP FITNESS SCHEDULE September 2020- (starting Sept 21)

The following classes will be held in the **Arts & Crafts Dance Room**

Pre-registration for classes is required to attend these classes

|                 | MONDAY                      | TUESDAY                    | WEDNESDAY                   | THURSDAY                 | FRIDAY | SATURDAY |
|-----------------|-----------------------------|----------------------------|-----------------------------|--------------------------|--------|----------|
| 7:00<br>7:50am  |                             | Morning Yoga<br>Julie      |                             |                          |        |          |
| 8:00-<br>9:00am | Yoga Intermediate<br>Melva  | Cardio Kickboxing<br>Julie | Yoga Intermediate<br>Melva  |                          |        |          |
| 9:00-<br>9:45am | Aerobics & Stretch<br>Melva | Total Body Dance<br>Mari   | Aerobics & Stretch<br>Melva | Total Body Dance<br>Mari |        |          |
|                 | <b>10 person limit</b>      | <b>10 person limit</b>     | <b>10 person limit</b>      |                          |        |          |

The following classes will be held in **BALLROOM AT THE CLUBHOUSE** until further notice

Pre-registration for classes is required to attend these classes

|                   | MONDAY                   | TUESDAY                | WEDNESDAY                   | THURSDAY               | FRIDAY                   | SATURDAY |
|-------------------|--------------------------|------------------------|-----------------------------|------------------------|--------------------------|----------|
|                   |                          |                        |                             |                        |                          |          |
| 8:00-<br>9:00am   |                          | HIIT Tabata<br>Marlene | Cardio Core Blast!<br>Diane | HIIT Tabata<br>Marlene |                          |          |
| 9:00-<br>10:00am  |                          |                        | Senior Strength<br>Diane    |                        |                          |          |
| 10:00am           |                          |                        |                             |                        | Senior Strength<br>Diane |          |
| 10:30-<br>11:30am | Senior Strength<br>Diane |                        |                             |                        |                          |          |

\*\*\* PLEASE CHECK WITH CANCELLATION CALENDAR AT FRONT DESK FOR CLASS SCHEDULE CHANGES.

IronOaks Fitness Center 480-802-6853