

# GROUP FITNESS CLASS SCHEDULE

October 2020



	Time	Class	Instructor	Duration
<b>MONDAY</b>	Noon	Pilates 5 <sup>th</sup> & 19 <sup>th</sup> Barre 12 <sup>th</sup> & 26 <sup>th</sup>	Rhonda	60 minutes
	4:30pm	HIIT	Paul	30 minutes
<b>TUESDAY</b>	12:15pm	HIIT	Rhonda	60 minutes
<b>WEDNESDAY</b>	Noon	Barre	Rhonda	50 minutes
	4:30pm	HIIT	Paul	30 minutes
<b>THURSDAY</b>	Noon	HIIT	Rhonda	50 minutes

## FACILITY HOURS

M-Th 5am-6pm  
Fri 5am-4pm  
Sat closed  
Sun closed

**BARRE** We mix elements of Pilates, ballet, yoga and cardio to sculpt, slim and stretch your entire body. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls, bands, and small hand weights to lift, tone and burn!

**HIIT** High Intensity Interval Training – Join us for a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

**PILATES** This form of low-impact exercise aims to strengthen muscles while improving postural alignment and flexibility. Our moves will target the core, although the exercises work other areas of your body as well.



## JOIN US REMOTELY

[www.zoom.com](http://www.zoom.com)

Paul's Class Meeting ID 893 2886 5967  
Passcode 2T2vNh

Rhonda's Class M-W-T ID 851 7178 1489  
Passcode hx9pGm

Rhonda's Class Tues. ID 874 1154 9445  
Passcode PZ1Je0