

# Peoplefit Fitness Class Schedule

\*Minimum of 3 participants for all classes to be held\*

See below for which classes require advance sign-up at the front desk.

## Sunday

<b>Zumba*</b> Advance sign-up	Keiko	8:30-9:30 am
<b>Yoga* \$</b>	Asha	9:30-10:45 am

## Monday

<b>Strength &amp; Power</b> \$ See details below for group training	Nate	8:30-9am
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## Tuesday

<b>Zumba Gold*</b> Advance sign-up	Jessie	9: 15-10:15 am
<b>Core &amp; More</b>	Arielle	5:30-6 pm

## Peoplefit Group Training

Group Training is a 30 minute intense workout program which is modified to meet your individualized goals. Each training session is 30 minutes and focuses on building muscle strength and endurance. Please see sign –up sheet for more details.

Group training sessions require advanced sign-up.

## Wednesday

<b>Strong and Balanced*</b>	Pat	10:30-11 am
<b>Total Body Sculpt</b>	Vanessa	5:30-6:15 pm

## Thursday

<b>Circuit N Work it***</b>	Nate	6:30-7 am
<b>Zumba*</b> Advance sign-up	Jillian	9-10 am
<b>Yoga*\$</b>	Asha	6:45-8:00 pm

## Friday

<b>Circuit Training</b> \$ See details below for group training	Nate	9-9:30am
<b>Beginner Total Body Strength*</b>	Vanessa	10-10:30 am

## Saturday

<b>Total Body Toning</b>	Nate	10-10:30 am
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\*All Levels \*\*Intermediate \*\*\*Advanced  
\$ Nominal Fee

# Peoplefit Group Fitness Class

All classes are free with membership except yoga.

\*Minimum of 3 participants for all classes to be held

**Beginner Total Body Strength (30 minutes)** Designed specifically for those who are new, or just getting back to weight training. This class uses free weights and stability balls while keeping in mind form and function. \*Beginner

**Body On the Ball (30 minutes)** Stability workout that combines strength, functional movements, core, flexibility and balance. Perform functional resistance training on an oversized exercise ball for a total body workout. \*All Levels

**Circuit N Work It (30 minutes)** A whole body workout for those looking to improve their strength and stamina. Zip through multiple circuit stations that combine muscular strength and endurance training. \*Advanced

**Core & More: (30 minutes)** Focuses on the muscles of your abdominals, lower back, glutes, hips and legs. This workout is designed to shape, tighten, and slim down those problem areas using balls, bands, and your own resistance. \*All Levels

**Strong and Balanced (30 minutes)** This class will improve your standing balance and increase your core strength. Have fun challenging your balance reactions in a safe environment, and at the same time, increasing your overall strength. \*All Levels

**Total Body Toning (30 minutes)** Total Body Toning uses weights, bands and stability balls. The class focuses on "toning" the muscles of your arms, legs and abdominals. Appropriate for all fitness levels. \*All Levels

**Total Body Sculpt (45 minutes)** This sculpting class builds muscle, strength, and endurance using equipment including free weights, body bars, medicine balls, stability balls, and more. It combines cardio exercises that will elevate your heart rate with strength exercises that will target all major muscle groups.

**Yoga (75 minutes at \$5 per class)** The ancient practice of bringing body, breath, and mind into balance. Class format is a unique fusion of traditional exercise with the ancient beauty and artistry of yoga postures. Benefits include flexibility, stress reduction and increased strength and mental focus. \*All Levels

**ZUMBA® (60 minutes)** A Latin-inspired, dance-fitness class that incorporates Latin and International music and dance moves. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle toning benefits. This class is great for beginners and all other levels. \*All Levels **ADVANCE SIGN UP IS NECESSARY**

**ZUMBA GOLD® (60 minutes)** The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. \*All Levels **ADVANCE SIGN UP IS NECESSARY**

## Group Training

**Circuit Training and Strength/Power (30 minutes)** Group Training is a 30 minute intense workout program which is modified to meet your individualized goals. Each training session is 30 minutes and focuses on building muscle strength and endurance. Please see sign-up sheet for more details. Group training sessions require advanced sign-up.

### Fees for Group Training:

1 pack: \$15/session    5 pack: \$70 (\$14/session)    10 pack: \$120 (\$12/session)    20 pack: \$200 (\$10/session)