

# 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	11-12:15 am

## Monday

<b>Flex &amp; Balance*</b>	Arielle	6 -6:30 p.m.
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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

## Wednesday

<b>Strong and Balanced*</b>	Pat	10:30-11 am
<b>Body on the Ball**</b>	Carly	5:30-6 pm

## Thursday

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

## Friday

<b>Beginner Total Body Strength*</b>	Nate	10:30-11 am
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## Saturday

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

# Peoplefit Group Training Schedule

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.

<b>Monday</b>	<b>Strength and Power \$</b>	Nate	8:30-9am
<b>Friday</b>	<b>Circuit Training \$</b>	Nate	9-9:30am

## 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

**Flex and Balance (30 minutes)** This class will improve your standing balance and increase your flexibility. Have fun challenging your balance reactions in a safe environment, and at the same time, increasing your flexibility. \*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

**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

**TRX/KB Group (30 minutes)** TRX is a suspension trainer that utilizes your body weight and core strength to complete a variety of exercises. This training group will consist of up to 4 participants and will focus on developing strength, balance, flexibility and core stability simultaneously. **Each session per person -\$20**

**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)**