



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Do More Be More Together

## GROUP EXERCISE SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | Friday   |
|---|--|---|---|--|
| <b>8:00am-8:45am</b><br><b>Cardio Kick</b><br>Fitness Studio<br><b>Brandon</b><br>*****                       |  |   | <b>8:00am-8:45am</b><br><b>Cardio Kick</b><br>Fitness Studio<br><b>Brandon</b>  |  |
| <b>10am-10:45am</b><br><b>Boot Camp</b><br>Fitness Studio<br><b>Daniel</b><br>*****                           | <b>10:00am-10:45am</b><br><b>ABS Express</b><br>Fitness Studio<br><b>Daniel</b><br>*****                                       | <b>10am-10:45am</b><br><b>Boot Camp</b><br>Fitness Studio<br><b>Daniel</b><br>*****                           | <b>10:00am-10:45am</b><br><b>ABS Express</b><br>Fitness Studio<br><b>Daniel</b>   |  |
| *Starts<br><b>4/23/12*</b><br><br><b>5:00pm-5:45pm</b><br><b>Belly Dance</b><br>Fitness Studio<br><b>Poli</b> | <b>12:00pm-12:45pm</b><br><b>Active Adults Class</b><br><b>(50 + years)</b><br>Fitness Studio<br><b>Master Khalil</b><br>***** | *Starts<br><b>4/23/12*</b><br><br><b>5:00pm-5:45pm</b><br><b>Belly Dance</b><br>Fitness Studio<br><b>Poli</b> | <b>12:00pm-12:45pm</b><br><b>Active Adults Class</b><br><b>(50+ Years)</b><br>Fitness Studio<br><b>Master Khalil</b><br>***** |  |
| <b>6:00pm-6:45pm</b><br><b>ZUMBA</b><br>Fitness Studio<br><b>Joann</b>  | *Starts <b>4/24/12*</b><br><br><b>6:00pm-6:45pm</b><br><b>Latin Fusion Dance</b><br>Fitness Studio<br><b>Poli</b><br>*****     |   | *Starts <b>4/24/12*</b><br><br><b>6:00pm-6:45pm</b><br><b>Latin Fusion Dance</b><br>Fitness Studio<br><b>Poli</b><br>*****    | <b>5:00pm-5:45pm</b><br><b>Cardio Mix</b><br>Fitness Studio<br><b>Brandon</b><br>*****       |
| <b>7:00pm-7:45pm</b><br><b>YoGa</b><br>Yoga Room<br><b>Joann</b>  | <b>7:00pm-7:45pm</b><br><b>FITBODY</b><br>Fitness Studio<br><b>Milagros</b>  | <b>7:00pm-7:45pm</b><br><b>Body Blast</b><br>Fitness Studio<br><b>Rafael</b><br>*****                         | <b>7:00pm-7:45pm</b><br><b>FITBODY</b><br>Fitness Studio<br><b>Milagros</b>   | <b>COMING SOON</b><br><b>7:00pm-7:45pm</b><br><b>YOGA</b><br>Fitness Studio<br><b>Melisa</b> |
| <b>8:00pm-8:45pm</b><br><b>Turbo Kick</b><br>Fitness Studio<br><b>Master Khalil</b><br>*****                  | <b>7:45pm-8:30pm</b><br><b>Instructors</b><br><b>Choice</b><br>Fitness Studio<br><b>Milagros</b>                               | <b>8:00pm-8:45pm</b><br><b>Turbo Kick</b><br>Fitness Studio<br><b>Master Khalil</b><br>*****                  | <b>7:45pm 8:30pm</b><br><b>Instructor</b><br><b>Choice</b><br>Fitness Studio<br><b>Milagros</b>                               |  |



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**Body Blast Class:** Body Blast is an intermediate to advance class that incorporate workouts focused to work your entire body and to burn hundreds of calories, by going from one exercise to another.

**ABS Express Class:** A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Ball and other props may be utilized.

**Zumba:** is the perfect time for the entire family to join, it is known as a fitness class that combines dance and fitness moves

**Cardio Mix:** Perfect place to start! This class is designed for all participant and their needs. The class will introduce basic step, aerobics, basic kickboxing, and weight training moves.

**Turbo Kick:** This fast paced class provides an excellent cardiovascular workout using popular kickboxing moves such as jabs, uppercuts and a variety of kicks.

**Fit Body:** a great class for all fitness levels, it involves strength training, cardio moves and flexibility exercises.

**Active Adults:** This dynamic class involves range of motion exercise flexibility exercise and other combination for seniors.

**Boot Camp:** Providing a full body, full spirit workout, this challenging class builds endurance, strength and agility, promoting tone muscles and fat loss for any fitness levels.

**Latin Fusion Dance:** a fun class design to dance, burn and tone.

**Yoga:** Working on your body, mind and spirit is the foundation of our yoga class. You could expect better breathing techniques, better body posture and a lot more flexibility.

**Belly Dance:** This is an instructional class that will get your hips moving. This class will improve your dancing skill, self stem and your whole body.