KPRD FITNESS POP SCHEDULE - \$15.00 - 468-7268 for info

М	т	W	т	F	S	S	Class Descriptions
29	30 6 13	31 7 14	1 8 15	2 9 16	3 10 17	4	Zumba - A Latin inspired dance fitness class that incorporates movements such as cha cho meringue, belly dance and more making this a fun and effective workout.
5 12						11	
						18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	Tight N Tone - A very mild "work at your pace " toning class . Concentrating on
3	4	5	6	7	8	9	biceps, triceps, abs, thighs and buttocks. Uses weight machines/equipment
TUES		WED		THURS		FRI	Body ScupIt - program for all levels to maintain muscle mass and strength.
							Sit and Fit - Chair exercises for all fitness levels. Stand up or sit down either way
							you are getting a good workout!
9:00 am (Fass) Body Sculpt		9:00 am (COA) Sit and Fit		9:00 am (Fass) Body Sculpt		9:00 am (COA) Sit and Fit	AM/PM Circuit - uses short sets of resistance exercises to create muscle-building, stamina,
							endurance and weight-loss
							Yoga Flow- This class is geared towards experieced Yoga flow participants. Basic Yoga
							movements that promote movement and relaxation.
	1.1						
				7:30 pm	(AG)		
	29 5 12 19 26 3 3 TUES	29 30 5 6 12 13 19 20 26 27 3 4 TUES	29 30 31 5 6 7 12 13 14 19 20 21 26 27 28 3 4 5 WED TUES WED 7:00 cm (Fass) 9:00 cm Sit and F Body Sculpt 9:00 cm Sit and F 5:30 pm (HH) 7:00 pm Zume 6:30 pm (HH) 7:00 pm Zume	29 30 31 1 5 6 7 8 12 13 14 15 19 20 21 22 26 27 28 29 3 4 5 6 TUES WED TUES WED 7:00 cm (Fass) 9:00 cm (COA) Sit and Fit Body Sculpt Sit and Fit Sit and Fit 5:30 pm (HH) 7:00 pm (AG) Zumba	29 30 31 1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30 3 4 5 6 7 TUES WED THURS 7:00 am (Fass) 7:00 am (COA) 7:00 am (Body Scient) 8ody Scient) 5:30 pm (HH) 7:00 pm (AG) 5:30 pm (Circuit) 6:30 pm (HH) 7:00 pm (AG) 5:30 pm (Circuit) 6:30 pm (Circuit)	29 30 31 1 2 3 5 6 7 8 9 10 12 13 14 15 16 17 19 20 21 22 23 24 26 27 28 29 30 1 3 4 5 6 7 8 TUES WED THURS THURS 9 9 9 9 9 9 9 9 9 9 9 9 9 13 4 5 6 7 8 7 WED THURS	29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 TUES WED THURS FRI 6 7 8 9 9 9 7:00 am (Fass) 9':00 am (COA) Sti and Fit 9 9 9:00 am (Fass) 9':00 am (COA) Sti and Fit 9 9 9:00 am (Fass) Sti and Fit Body Sculpt Sti and Fit 9 9:00 am (Fass) 5:30 pm (HH) 7:00 pm (AG) 2:00 pm (HH) 2:00 pm (HH) 10:10 pm (HH) 7:00 pm (AG) 5:30 pm (HH) 1:10 pm (AG) 1:10 pm (AG) 10:10 pm (HH)

H) - Heritage Hall - 303 Williams Blvd; (AG) - Adult Gym - #2 Furman; (Fass) - Fassbender - 2508 20th St. (COA) - Council on Aging 641 Compromise St