

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

JUN							
M	T	W	T	F	S	S	
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	

  

MON	TUES	WED	THURS	FRI
	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
	5:30 pm (HH) Circuit	7:00 pm (AG) Zumba	5:30 pm (HH) Circuit	
6:00 pm (AG) Zumba	6:30 pm (HH) Yoga Flow		6:30 pm (HH) Yoga Flow	
			7:30 pm (AG) Zumba	

### Class Descriptions

**Zumba** - A Latin inspired dance fitness class that incorporates movements such as cha cha meringue, belly dance and more making this a fun and effective workout.

**Tight N Tone** - A very mild "work at your pace " toning class . Concentrating on biceps, triceps, abs, thighs and buttocks. Uses weight machines/equipment

**Body Sculpt** - 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!

**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.

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