

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

JUL	M	T	W	T	F	S	S
	26	27	28	29	30	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
	31	1	2	3	4	5	6

  

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	6:30 pm (HH) Yoga Flow	5:30 pm (HH) Circuit	6:30 pm (HH) Yoga Flow	
6:00 pm (AG) Zumba		7:00 pm (AG) Zumba	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.

All Classes are cancelled Tuesday, July 4th and Circuit is cancelled July 3rd and July 5th

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