

KPRD FITNESS POP SCHEDULE - \$20.00 - 468-7268 for info

OCT

M	T	W	T	F	S	S
25	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

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.

No Classes Monday, September 4th Due to Labor Day

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