




# LAKE PARK GROUP FITNESS SCHEDULE

5218 JEWELL FUTCH ROAD · LAKE PARK · GA 31636

REVISED 8/29/2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO SCULPT TRACY 8:30am – 9:30am	PILATES 8:30-9:00AM YOGA KARI	CARDIO SCULPT TRACY 8:30am – 9:30am	KICKBOXING KARI 8:30am – 9:30am	PILATES 8:30-9:00AM YOGA 9:00-9:30AM KARI
SilverSneakers® Muscular Strength DONNA 10:15am-11:15am	ACTIVE ADULTS DONNA 10:15am – 11:45am	SilverSneakers® Muscular Strength DONNA 10:15am-11:15am	ACTIVE ADULTS DONNA 10:15am – 11:45am	SilverSneakers® Muscular Strength DONNA 10:15am-11:15am
QUICK CIRCUIT JEAN 5:30pm-6:00pm	YOUTH FIT Ages 8-16 TRACY 5:00pm – 5:50pm	YOGA TRACY 5:30pm-6:20pm	YOUTH FIT Ages 8-16 TRACY 5:00pm – 5:50pm	   Lake Park 229-559-8886
	CARDIO CORE & CALM TRACY 6:00pm – 7:00pm	LATIN DANCE JESSIKA 6:30pm – 7:30pm	BODY FIT JILL 6:00pm – 7:00pm	
NURSERY HOURS				
Mornings: Monday – Friday		8:00am – 12:30pm		<i>Nursery is closed Friday afternoons and Saturdays</i>
Afternoons: Monday – Thursday		4:00pm – 8:00pm		

**\*\*ALL INSTRUCTION AND CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE\*\***

**ACTIVE ADULTS CLASS** - Total body workout focusing on cardiovascular strength training, flexibility, and balance.

**BODY FIT** - Total body workout focusing on toning, sculpting, and promoting muscular balance using a variety of strength training tools such as hand weights, body bars, resistance bands, and stability balls, with cardio interval training.

**CARDIO CORE & CALM** - Tone & chisel your muscles in this calorie burning aerobic workout ending with a good stretching and relaxation segment.

**CARDIO SCULPT** - A high energy head to toe exercise class offering the perfect blend of aerobic intervals and muscle-sculpting exercises.

**KICKBOXING** - Total body workout using punch/kick combinations choreographed to high-energy music.

**LATIN DANCE** - A full-body aerobic workout to burn calories, improve posture & alignment, tone & strengthen your core, relieve stress and improve your mood. Dance the pounds away! Appropriate for all fitness levels.

**PILATES** - Lengthen, strengthen and improve overall muscle tone with this core muscle mat workout.

**QUICK CIRCUIT** - An Intense, 30 minute full body workout. (In Lake Park Circuit Room) Great for those with limited time.

**SilverSneakers MUSCULAR STRENGTH & RANGE of MOVEMENT** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**YOGA**- Mind/body awareness to enhance flexibility, strengthen your body while promoting relaxation and developing a healthy back.

**YOUTH FIT** - Designed to encourage physical activity for the 8-16 year olds - includes fitness games, stretching and strength training using a variety of fitness tools.

### AEROBICS POLICIES

- ~ Good shock absorbing shoes are recommended for the protection of your legs and feet.
- ~ Participation in the warm-up is highly recommended to prevent injury.
- ~ Bring your workout to a slow march if you feel over-exerted or dizzy and notify the instructor immediately.
- ~ Keep track of your heart rate. 60-85% is safety recommended.
- ~ Take part in the cool down which is specifically designed to safely decrease the heart rate and stretch key muscle groups used during class.

**\*\*CONSULT WITH YOUR PHYSICIAN BEFORE PARTICIPATING IN ANY PHYSICAL ACTIVITY\*\***

Suggestions are always encouraged by filling out a comment card or talking to the aerobic coordinator.