






LAKE PARK GROUP FITNESS SCHEDULE

5218 JEWELL FUTCH ROAD · LAKE PARK · GA 31636

REVISED 1/2/2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO SCULPT TRACY 8:30am – 9:30am	YOGA JOLLEEN 8:30am-9:30am	CARDIO SCULPT TRACY 8:30am – 9:30am	CIRCUIT TRACY 8:30am – 9:30am	YOGA JOLLEEN 8:30am-9:30am
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-6:30pm	YOUTH FIT Ages 8-16 TRACY 5:00pm – 5:50pm	
	CARDIO CORE & CALM TRACY 6:00pm – 7:00pm		BODY FIT JILL 6:00pm – 7:00pm	 Lake Park 229-559-8886
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 to improve daily living.

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.

CARDIO & TONE - Interval training with combinations of high/low cardio patterns and weights.

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.