







LAKE PARK GROUP FITNESS SCHEDULE

5218 Jewel Futch Drive • Lake Park • GA 31636

Revised 9/1/2009

Monday	Tuesday	Wednesday	Thursday	Friday
Abby Body Fit/Ball 8:30am – 9:30am	Ondi Yogalates 8:30am – 9:30am	Abby Step 8:30am – 9:30am	Ondi Yogalates 8:30am – 9:30am	Abby Zumba/HipHop Abs 8:30am – 9:30am
	Donna Active Adults 10:15am – 11:45am		Donna Active Adults 10:15am – 11:45am	
Jean Quick Circuit 5:30pm-6:00pm	Alesha Youth Fit - Ages 8-16 5:00pm – 5:50pm		Parker Youth Fit - Ages 8-16 5:00pm – 5:50pm	
	Alesha Kickboxing 6:00pm – 7:00pm	Ondi Yoga 6:00pm – 7:00pm	Jade Body Fit 6:00pm – 7:00pm	
NURSERY HOURS				
Mornings: Monday – Friday Afternoons: Monday – Thursday		8:00am – 12:30pm 4:00pm – 8:00pm		<i>Nursery is closed Friday afternoons and Saturdays</i>
				<i>*Tuesday Evening classes change every 8 weeks, so you can try them all!</i> Next change October 27th -

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

Active Adults Class - Total body group exercise class that focuses on cardiovascular strength training, flexibility, and balance.

Body Fit Ball - 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.

Hip Hop Abs – An intense cardio and ab workout incorporating Hip Hop dance moves and weight training.

Quick Circuit - Intense 30 minute full body workout class for those with limited time (In LP Circuit Room).

Stability Ball - Build core strength, improve posture and balance, and enhance muscle tone utilizing the support of a large exercise ball.

Step - Reshape your body and build strength as you experience aerobic challenges on the step partnered with strength training intervals.

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

Yogalates - Combination of Yoga and Pilates mat workout utilizing core muscles to lengthen, strengthen and improve overall muscle tone.

Youth Fit - Group fitness class for 8-16 year old youth that encourages physical activity and includes fitness games, stretching and strength training using a variety of fitness tools.

Zumba – New Aerobic workout that is all about fun, losing weight and getting in shape choreographed to high-energy Latin and International music!!!

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.