



LAKE PARK GROUP X SCHEDULE

ALL classes, with the exception of Spinning® and Pilates, last for 60 minutes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:00 am	Spinning Jasmine		Spinning Jasmine			
6:00 - 7:00 am						
8:30 - 9:30 am	Cardio & Tone Arlinda	Yoga Jane	Spin Michelle	Yoga Jane	Tabata Michelle	
9:30 - 10:30 am	Power Pump Michelle		Power Pump Michelle		Power Pump Michelle	
10:30 - 11:30 am	SilverSneakers Michelle	SilverSneakers Michelle	SilverSneakers Michelle	SilverSneakers Michelle	SilverSneakers Michelle	
3:30 - 4:30 pm						
4:30 - 5:30 pm	Boot Camp Jasmine		Boot Camp Jasmine			
5:30 - 6:30 pm	Zumba Earleen	Spinning Jill	Zumba Earleen	Spinning Jill	Zumba Earleen	
6:30 - 7:30 pm	Pilates Michelle	Body Fit Jill		Tabata Jill		

CLASS DESCRIPTIONS

Body Fit – Here is a 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.

SilverSneakers® – Get ready to 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. Handheld weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Spinning® – Who doesn't have 45 minutes?! This quick, high calorie burner class is taken place on an indoor stationary bike that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardio class will definitely move you! The time added to each class is for set-up and clean-up of bikes before and after each class. Great for beginners!

Tabata - High intensity interval training! Blast major calories in this fast paced cardio class. Intervals of 20 seconds of extreme cardio followed by 10 seconds of rest repeated 8 times. Bursts of intense workout will torch calories.

Yoga – Take this calm, stress releasing mind/body class to enhance flexibility, strengthen your body while promoting relaxation and developing a healthy back.

Zumba® – This entertaining workout mixes body sculpting movements with dance steps derived from salsa, reggae, hip hop, and many others. It targets areas such as the glute muscles, legs, arms, abdominals, and the heart. Come join the party!!!

Boot Camp - Get ready for fitness that addresses all areas of fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, flexibility, and most important...fun!!

Cardio & Tone - Combinations of high/low cardio combined with weights....total body workout!!!

Pilates - Total body class designed to improve physical strength, flexibility, posture and mental awareness.

Yogalates - A fusion of Yoga and Pilates, combine core pilates exercises with the postures and breathing techniques of power yoga. This class will increase core stability and power. Help build strength and flexibility and awaken your spirit and sculpt your entire body.

BARRE: A total mind and body transformation. Barre brings in elements of dance, ballet, functional strength, pilates and yoga to create an adrenaline-fueled workout that strengthens, lengthens and chisels the body, ensuring that no muscle is overlooked!