

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BAD BACK CLUB 6:00am - 6:30am	A.M. ATTACK 5:30am - 6:00am	KETTLE & CORE 5:15am-6:00am	A.M. ATTACK 5:30am - 6:00am	KETTLE & CORE 5:15am - 6:00am	BODY BAR 9:00am – 10:00am
ZUMBA GOLD 8:00am - 9:00am	POWER YOGA 7:00am - 7:45am	BAD BACK CLUB 6:00am - 6:30am	POWER YOGA 7:00am - 7:45am	BAD BACK CLUB 6:00am - 6:30am	YOGA 10:00am - 11:00am
GET FIT 9:00am - 10:00am	CIRCUIT TRAINING 8:00am – 8:45am	ZUMBA GOLD 8:00am – 9:00am	CIRCUIT TRAINING 8:00am – 8:45am	ZUMBA GOLD 8:00am – 9:00 am	<p>KEY</p> <p>+ A class that might require more than one instructor</p> <p>* A paid for or additional cost class.</p>
T'AI CHI 10:00am – 11:00am	BALANCE & FLEXIBILITY DUO 9:00am - 10:00am	GET FIT 9:00am - 10:00am	BALANCE & FLEXIBILITY DUO 9:00am - 10:00am	GET FIT 9:00am - 10:00am	
YOGA 11:00am - 12:00pm	SIT 2 FIT 10:00am - 10:45am	T'AI CHI 10:00am - 11:00am	SIT 2 FIT 10:00am - 10:45am	SIT 2 FIT 10:00am - 10:45am	
CHAIR YOGA 12:00pm - 1:00pm	YOGA 11:00am - 12:00pm	RANGE OF MOTION 11:00am - 11:30am	+ NIA FUSION FITNESS 11:00am - 11:45am	YOGA 11:00am - 12:00pm	<p>Wellness Center Hours</p> <p>Mon-Thurs 5:00am-10:00pm</p> <p>Friday 5:00am-9:00pm</p> <p>Saturday 8:00am-5:00pm</p> <p>Sunday 10:00am-6:00pm</p> <p>For more information call 618-465-3298</p>
SIT 2 FIT + 1:00pm - 2:00pm	* + ROCK STEADY BOXING 2:00pm - 3:00pm	YOGA 11:30am – 12:30pm	SSP STEP AEROBICS 12:00pm - 1:00pm	CHAIR YOGA 12:00pm - 1:00pm	
* + ROCK STEADY BOXING 2:00pm - 3:00pm	SUSPENSION & HIIT TRAINING 4:15pm - 5:00 pm	CHAIR YOGA 12:30pm - 1:30pm	* + ROCK STEADY BOXING 2:00pm - 3:00pm	SIT 2 FIT + 1:00pm – 2:00pm	
STABILITY BALL 4:00pm – 5:00pm	KETTLE BELL 5:15pm - 6:00pm	SUSPENSION & HIIT TRAINING 4:15pm - 5:00 pm	ZUMBA GOLD 3:00pm-4:00pm	* + ROCK STEADY BOXING 2:00pm - 3:00pm	
BODY BAR 5:00pm – 6:00pm	YOGA 6:00pm - 7:00pm	CARDIO KICKBOXING W/ DUSTIN 5:00pm - 6:00pm	SUSPENSION & HIIT TRAINING 4:15pm - 5:00 pm	CARDIO KICKBOXING W/ DENA 4:00pm - 5:00pm	
SPINNING 5:15pm - 6:00pm		SPINNING 5:15pm - 6:00pm	KETTLE BELL 5:15pm - 6:00pm		
ZUMBA 6:00pm - 7:00pm		POUND 6:00pm – 7:00pm	ZUMBA 6:00pm - 7:00pm		



CLASS DESCRIPTION

A.M. ATTACK: Get a jumpstart on your day by getting your workout done early in the morning. This class includes a full body workout by combining high intensity intervals with strength training to increase strength and cardiovascular endurance, so you can succeed in all your fitness goals..

BAD BACK CLUB: Combination of core and back stretching and strengthening.

BODY BAR: This class focuses on a high intensity, full body workout with the use of a weighted bar. Defines and strengthens your arms and legs.

CIRCUIT TRAINING: This class uses a combination of moderate to high intensity exercises that are done in short increments. This workout is used to get the most out of your workout in a short amount of time.

Suspension & HIIT: High intensity workout to develop muscular strength and improved cardiovascular function. This class is a combination of high intensity cardio conditioning and strength motions to improve overall health.

GET FIT: Designed for able-bodied individuals, our Get Fit incorporates cardiovascular and strength training with balance and flexibility for overall fitness improvement.

KETTLE BELL: Full body dynamic work out using a kettle bell develops functional strength and a heart pumping cardiovascular & anaerobic workout.

POWER YOGA: Torch calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

T'AI CHI: This class includes gentle movements and exercises that may improve mobility, breathing and relaxation. Many benefits for all levels, this class is good for those just returning to physical activity and those with limited balance or flexibility.

RANGE OF MOTION:

SIT 2 FIT +: A **one-hour** chair exercise class executed while seated in a chair providing cardio, strength, and flexibility benefits. This is a low impact, low to moderate intensity cardio workout. Perfect for those who suffer from sore or injured joints, those rehabilitating from joint surgery, or those who have problems with their balance.

SIT 2 FIT: A **forty-five** minute chair exercise class executed while seated in a chair providing cardio, strength, and flexibility benefits. This is a low impact, low to moderate intensity cardio workout. Perfect for those who suffer from sore or injured joints, those rehabilitating from joint surgery, or those who have problems with their balance.

SPINNING: Indoor cycling. This class uses high intensity intervals to create an indoor biking experience to increase cardiovascular endurance, burn calories, and pump up your workout.

YOGA: Yoga uses exercises that improve balance, strength and flexibility while offering stress reduction. These exercises are based on traditional poses that work on balance, flexibility, breathing, and meditation.

ZUMBA: Fun and high energy, this class combines easy to follow moves based on traditional Latin dance steps. You CAN move like that and you will LOVE it!

ZUMBA GOLD: This class is all the fun of Zumba but lower impact; great for beginners and those looking for a lower intensity Zumba class.

POUND:

***ROCK STEADY BOXING:** This boxing program is designed to help fight back against Parkinson's disease! This light to moderate exercise group aids in staving off the progression of symptoms or advancement of Parkinson's disease through fun, non-contact boxing!

Balance & Flexibility DUO: A class designed to help you maintain and/or improve your balance through skill-based movements and key stretches to improve flexibility.

NIA: A unique take on aerobic exercise putting virtually no impact on joints. Freedom of movement, as well as fun, laughter and energy, you can't go wrong.

Stability Ball: This class will challenge not only your core strength, but how stable you are in unique, challenging and fun ways.