

# GROUP EXERCISE



PRISCO COMMUNITY CENTER • SEPT. 14 - NOV. 29, 2020

CLASSES HELD IN GROUP EXERCISE STUDIO

CYCLING IN BALCONY OVERLOOKING GYMNASIUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 a.m.		<b>Fit for All</b> <i>Dawn</i>	<b>Body Fusion</b> <i>Dawn</i>	<b>Step &amp; Strengthen</b> <i>Annette</i>			
8:30 a.m.	<b>Zumba</b> <i>Charity</i>				<b>Body Fusion</b> <i>Paula</i>		
9 a.m.						<b>Vinyasa Yoga ▶</b> <i>Rose</i>	
10 a.m.				<b>Zumba</b> <i>Giorgio</i>			
6 p.m.		<b>Zumba</b> <i>Kelly</i>					

## CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- \$ Fee-based class

# GROUP EXERCISE AT PRISCO

## COVID-19 SCREENING

**Have you or a member of your household experienced:**

- A fever of 100.4°F or higher in the last 14 days?
- Contact with anyone diagnosed with COVID-19 in the last 14 days?
- Any body aches or fatigue that can't be explained?
- An unexplained cough or sore throat?
- A persistent headache in the last 48 hours?

If member has symptoms, they should wait to enter premises until they have been fever-free for at least 72 hours, symptoms have improved and at least 10 days have passed since symptoms first appeared.

**Body Fusion:** This total-body workout fuses exercises that will strengthen and tone, with complementary yoga poses that will lengthen and define.

**Fit for All:** This class will focus on cardiovascular health, strength, balance, and flexibility. Various equipment and exercises will be used to create different workouts each class that are sure to challenge your body and your brain.

**Step & Strengthen:** Improve cardio fitness and build muscle strength in this low-intensity step interval class.

**Stretch & Sculpt:** Gentle stretching and light weight work will keep participants active and strong through this class. Suitable for all fitness levels.

**Strong Body Circuit:** Stations will be set up to give you a full-body strength and conditioning workout. A variety of music, equipment and exercises will create a unique and challenging workout.

**Vinyasa Yoga:** Flow through a carefully balanced sequence of breath-guided postures. Create internal heat and breath awareness through sun salutations and holding postures while learning alignment. Leave class feeling rejuvenated. Suitable for all levels.

**Zumba®:** Ditch the workout and join the party! Zumba is a fun cardio workout with easy-to-follow dance steps inspired by Latin rhythms, featuring "sizzling" south-of-the border moves that are "spicy hot!" Dancer or not, burn calories, work up a sweat and have a great time doing it!