

# GROUP EXERCISE



PRISCO COMMUNITY CENTER • SEPT. 7 - NOV. 28

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 a.m.	<b>Zumba</b> Charity				<b>Body Fusion</b> Paula		
9 a.m.						<b>Vinyasa Yoga ▶</b> Rose	
10 a.m.		<b>Zumba</b> Giorgio		<b>Zumba</b> Giorgio			

## 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.

**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!