

# GROUP EXERCISE



PRISCO COMMUNITY CENTER • OCTOBER 17 - JANUARY 9  
CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 a.m.						Rhythm Ride Jen	
8:30 a.m.					Barre Body Fusion Paula		
9:15 a.m.						Vinyasa Yoga ▶ Rose	
9:30 a.m.	Zumba Charity						
10 a.m.		Zumba Giorgio		Zumba Giorgio			
5 p.m.	Zumba Step Giorgio						

**Barre Body Fusion:** This class combines the basics of Barre, Pilates, and Yoga. Barre is a challenging, but low-impact workout with small, controlled movements, isometric holds and high repetition. All levels welcome.

**Rhythm Ride:** This indoor cycle class combines endurance and strength for a fun workout burning calories and keeping your muscles toned as you ride to some great tunes. Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there. All levels are welcome. Remember to bring a towel and water bottle!

**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!

**Zumba® Step:** Strengthen and tone your legs and glutes by combining the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor for increased cardio and calorie burning, while adding moves that define and sculpt your core and legs.

## CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- 💰 Fee-based class