

GROUP EXERCISE

PRISCO COMMUNITY CENTER • JANUARY 10 - APRIL 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 N Tone 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 N Tone: A fun cardio and toning workout that strengthens your legs and glutes by combining the awesome strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. You will enjoy 20 minutes of dance for increased cardio and calorie burning, and 20 minutes each of toning and step moves that define and sculpt your core, and legs. Dancer or not, work up a sweat and have a great time doing it!

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

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