

GROUP EXERCISE



PRISCO COMMUNITY CENTER • JANUARY 10 - APRIL 8

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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			

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.

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!

All group exercise classes are included with a Fox Fitness membership. Silver Sneakers participants are eligible to take group exercise classes at no cost. All group exercise classes are drop in classes. No registration is required.

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

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