

GROUP EXERCISE

August 2024

RESERVE YOUR SPOT. Class size is limited! Call **256-427-7082** or stop by the Fitness desk to reserve your spot. *Reservations can be made within 2 days of class.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
Evening		 CORE CLASS Helen Ford 5:00 – 5:30 pm	 STRENGTH & CONDITIONING Helen Ford 5:00 – 6:00 pm			
Evening		 YOGA Kathleen Judah 5:45 – 6:45 pm		 YOGA Stephen Alban 5:45 – 6:45 pm		

Group Exercise

Notes

Precautions will be observed including spacing, disinfecting, and minimizing of shared equipment.



CORE CLASS

A powerful 30-minute class filled with exercises that strengthen abdominals, lower back, hips, and glutes to improve posture, strength, balance, and stability.



YOGA

Yoga postures are performed for flexibility, strength, endurance, and balance. Designed for all fitness levels



LOW IMPACT STRENGTH & BALANCE

Low impact exercises will improve balance, coordination, strength, and functional movement. Chairs can be used for assistance.



STRENGTH & CONDITIONING

Full body exercises designed in an interval training format to increase metabolism and heart rate, build strength, and burn body fat. Designed for all fitness levels