

# GROUP EXERCISE

PRISCO COMMUNITY CENTER • JANUARY 7 - APRIL 7  
CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 a.m.	Zumba® Toning Charity						
8:15 a.m.			Golden Fit Karla				
8:30 a.m.					Barre Body Fusion Paula		
9:15 a.m.						Vinyasa Yoga ▶ Rose	
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.

**Golden Fit:** Designed for active older adults, or those looking to make everyday activities easier, this low-impact cardio & functional movement class will improve strength, endurance, flexibility & balance. Chairs are available as needed.

**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 Toning:** Take Zumba to the next level! This combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance.

- 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