



















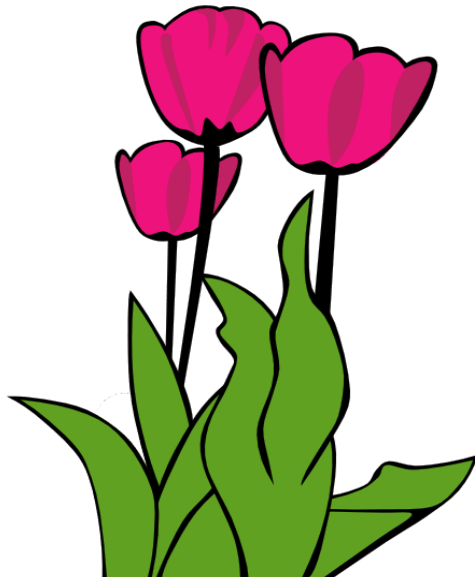





May

Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
5:30 - 6:30 am Celia 	5:30 - 6:15 am Sandy 	5:30 - 6:30 am Celia 	5:30 - 6:15 am Sandy 		
<p>*** BODY PUMP will be taught by Celia until WEDNESDAY, MAY 10th *** There will be NO CLASSES MAY 15th, 17th, 22nd, & 24th - POWER PUMP will begin MONDAY, MAY 29th!</p>			7:00 - 7:45 am Karen 		
8:15 - 9:15 am Anna 	8:00 - 9:00 am Karen 	8:15 - 9:15 am Ellen 	8:00 - 8:45 am Sandy 	9:15 - 10:15 am Anna 	8:00 - 9:00 am Instructor Rotation 
	9:15 - 10:00 am Pamela 	9:30 - 10:30 am Ellen 			
9:30 - 10:30 am Julie 	9:30 - 10:30 am Julie 		9:30 - 10:30 am Julie 		
PM	PM	PM	PM	PM	PM
5:15 - 6:15 pm Sally 	5:00 - 6:00 pm Courtney 	5:15 - 6:15 pm Kay 	5:00 - 6:00 pm Courtney 		
		5:30 - 6:30 pm Karen 			
		5:30 - 6:15 pm Heidi L. 			
					
<p>*** All class times are subject to change. Please contact Highland East for updates or go to www.highlandfitness.com</p>					

GROUP FITNESS CLASS DESCRIPTIONS

 <p>Restorative YOGA</p>	<p>Restorative Yoga is a relaxed-pace class that integrates breath work with deliberate muscle elongation, toning, and spacial awareness for a greater sense-of-balance and direction, physically and energetically. Class will start out gentle, then combine flow and deep stretching, and end with relaxation. No prior yoga experience required.</p>
 <p>Alignment YOGA</p>	<p>Alignment Yoga focuses on aligning your body to improve your posture and movement by working your core and postural muscles.</p>
 <p>Hatha Yoga</p>	<p>Hatha Yoga incorporates breath work and postures to increase the body's alignment, strength and flexibility. Emphasis on the inner core, building awareness, and finding ease in the body. No experience necessary, available for all levels.</p>
 <p>ZUMBA fitness</p>	<p>Zumba joins the fun of dance with cardio and stretching so that you can get an excellent workout without realizing that you're "working." Grab a friend and come have a great time while burning some calories!</p>
 <p>ZUMBA gold</p>	<p>ZUMBA® GOLD uses the same great Zumba formula, we add a longer warm up and cool down to allow participants a program improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold was designed to teach the basic dance steps to anyone. Zumba Gold provides an appropriate workout for those just beginning a fitness program. Feeling the music happens when one suddenly forgets they are dancing in a class and the music is the reason to move with joy.</p>
 <p>ZUMBA toning</p>	<p>Zumba Toning incorporates weighted toning sticks to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights. Zumba toning keeps Zumba's essence while focusing on strength training the arms, abs, and thighs.</p>
 <p>SILVER FIT</p>	<p>Silver Fit is a fun way to increase your muscular strength, flexibility, balance, and range of motion to improve your activities of daily living. Lead by a certified personal trainer that will guide you through a fun low-impact workout offering hand-held weights and bands for additional resistance. A chair is available if needed for seated or standing support.</p>
 <p>CYCLING</p>	<p>Cycling classes bring back fun memories of riding a bike as a kid with an added bonus—getting stronger and healthier! Choose the fitness level that you are most comfortable, whether you are a beginner or a veteran looking to challenge yourself. Work those calorie-burning leg muscles with a low impact workout that will bring your cardio to the next level.</p>
 <p>BODYPUMP LES MILLS BODY TRAINING SYSTEMS</p>	<p>Body Pump is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement and great music – helping you achieve much more than on your own!</p>
 <p>PiYO</p>	<p>PiYo is a music based, fun, challenging class inspired by moves from both Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout!</p>

NO EXPERIENCE NEEDED -- ALL LEVELS OF EXPERIENCE WELCOME -- ALL EQUIPMENT PROVIDED

