

ADULT/FAMILY/YOUTH | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | NOV 1 - DEC 18

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
INTERVAL - CIRCUIT		8-8:45AM Track Zhauhara				8-8:45AM Track Kevin	
INTERVAL - TABATA				6:30-7:15AM Gym Monique			

**Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.*

ACTIVITY DESCRIPTIONS & INTENSITY RATING

INTERVAL - CIRCUIT	3-4	Elevate your training with this total body circuit-style interval class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn and total body conditioning.
INTERVAL - TABATA	4-5	Take up the intensity with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest.

INTENSITY RATING SCALE: 1 = V.Light Intensity | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

