

# GROUP FITNESS CLASS SCHEDULE

PUTNAM FITNESS & RACQUET CLUB 225-0888

*Jun-10*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>BENDER BALL PILATES</b> 6:30-7:30a.m.  <b>GROUP NAUTILUS</b> 8:30-9:00a.m.  <b>ZUMBA EXPRESS</b> 9:00-9:30a.m.  <b>TOTAL BODY TONE</b> 9:30-10:30a.m.  <b>YOGALATES</b> 10:00-11:00a.m.					
	<b>TASTE OF TAI CHI</b> 9:00-9:30a.m.  <b>CARDIO EXPRESS</b> 9:30-10:00a.m.  <b>YOGALATES</b> 10:00-11:00a.m.	<b>LEGS BUTT &amp; GUTT</b> 9:30-10:00a.m.	<b>ZUMBA GOLD</b> 9:00-9:30a.m.  <b>BODY BAR PUMP</b> 9:30-10:30a.m.	<b>ZUMBA</b> 9:00-10:00a.m.  <b>LEGS BUTT &amp; GUTT</b> 10:00-10:30a.m.	<b>ZUMBA GOLD</b> 9:00-10:00a.m.	
<b>AQUATONE</b> 10:30-11:30a.m.	<b>AQUATONE</b> 10:00-11:00a.m.	<b>AQUATONE</b> 10:00-11:00a.m.	<b>AQUATONE</b> 10:30-11:30a.m.	<b>AQUA ZUMBA</b> 10:30-11:30a.m.		
<b>BOSU FIT</b> 1:00-1:30p.m.		<b>TASTE OF TAI CHI</b> 12:00-12:30p.m.  <b>ON THE BALL</b> 1:00-1:30p.m.  <b>AQUATONE</b> 2:00-3:00p.m.	<b>CARDIO TENNIS</b> 12:00-1:00p.m.			
<b>AQUATONE</b> 2:00-3:00p.m.		<b>ZUMBA</b> 5:00-6:00p.m.				
<b>ZUMBA</b> 5:00-6:00p.m.	<b>LATIN GROOVE</b> 7:00-8:00p.m.		<b>YOGA</b> 7:00-8:00p.m.			
<b>AQUATONE</b> 7:00-8:00p.m.	<b>AQUATONE</b> 7:00-8:00p.m.	<b>AQUATONE</b> 7:00-8:00p.m.	<b>AQUATONE</b> 7:00-8:00p.m.	<b>AQUATONE</b> 8:00-9:00p.m.		<b>YOGA</b> 10:00-11:00a.m.

## CLASS DESCRIPTIONS

AQUATONE - Great workout in the pool with no stress on the joints.

AQUA ZUMBA – Challenge yourself with water based workouts which include Latin rhythms and International Latin music. Join our POOL PARTY!!!

BENDER BALL PILATES-Get more out of your Pilates Workout by using the BENDER BALL which incorporates Selective Stabilization.

BODY BAR PUMP- Use a weighted bar and bench for an awesome strength training class.

BOSU FIT- Join this new class that incorporates cardio and strength using a Bosu.

CARDIO EXPRESS-30 minute low impact class designed to speed up your metabolism and burn more calories!

CARDIO TENNIS - No tennis skills needed! Increase your heart rate in this fun cardio class.

GROUP NAUTILUS-Learn how to use the nautilus machines for resistance training in a group setting.

LATIN GROOVE-Have fun in this new Latin Dance class with intervals of weight training.

LEGS BUTT & GUTT-Lower body conditioning class that will isolate all those trouble spots.

ON THE BALL-Class will have you constantly adjusting to remain balanced while you strengthen your abs and lower back.

TASTE OF TAI CHI-Slow flowing movements and shifts of balance help strengthen your legs, ankles, knees & hips.

TOTAL BODY TONE- Hit all muscle groups in this total body workout

YOGA - Help promote muscle balance and skeletal alignment using your breathing to take you deeper into your postures.

YOGALATES - Get the benefits of both Pilates & Yoga through breathing, stretching & core stabilization.

ZUMBA - Get in on the new dance craze! Choreographed Latin fun!!

ZUMBA EXPRESS- Get in on the new dance craze! Choreographed Latin fun!! 30 minute class.

ZUMBA GOLD-Learn all the latin moves at a slower pace. Great class for beginners!

WEATHER CANCELLATION POLICY: WE FOLLOW CARMEL  
SCHOOLS CLOSINGS AND DELAYS.

2 HOUR DELAY NO MORNING CLASSES CALL FOR PM CLASS INFO