



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA GROUP FITNESS SCHEDULE -DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Functional Fitness (QueenAx Room) 5:15-6:00 Slade S.		Functional Fitness (QueenAx Room) 5:15-6:00 Slade S.		Zumba* 8:30-9:25	Step & Sculpt 1:30-2:30 pm Desiree D.
Total Fitness 8:05-8:55 Tracy L.	Athletic Conditioning 8:05-8:55 Slade S.	Total Fitness 8:05-8:55 Andrea D./Tammi S.	Athletic Conditioning 8:05-8:55 Slade S.	Barbell Blast 8:05-8:55 am Malea	Custom Cuts 9:30-10:30 Desiree D.	Fit Mix 2:45-3:30 pm Suzy M.
Zumba 9:00-9:55 Dominique/Marcy L.	Express Boot Camp 9:00-9:25 Susan P.	Barbell Blast 9:00-9:55 Malea H.	Express Boot Camp 9:00-9:25 Susan P.	TRX Boot Camp (QueenAx Room) 8:05-8:55 Tracy L.	High School Athletic Conditioning 10:45-11:30 Slade S.	
Zumba Step 10:00-10:55 Marcy L.	*Youth Fitness* Gym-Court A 9:30-11:15 Chris B See Notes Area	Barbell Blast 10:00-10:55 Malea H.	Zumba 9:30-10:25 Malea H.	Total Fitness 9:00 – 9:55 Tracy L.	Notes: *Saturday Zumba Rotation Week 1-Jaime H. Week 2-Dominique R. Week 3-Marcy L. Week 4-Mendy M. Week 5-Mendy M. *Tuesdays Youth Fitness* Gym-Court A 9:30-10:00 Wee Fit (3-4 yrs) 10:00-10:30 Kid Fit (5-10 yrs) 10:30-11:15 Youth Boot Camp (11+ yrs)	
SilverSneakers Classic 11:05-11:55 am Laura	Cardio Funk 9:30-10:25 Sheri S.	SilverSneakers Classic 11:05-11:55 am Laura	Tone & Stretch 10:30-10:55 Malea H.	Zumba 10:00-10:55 Marcy L.		
Step & Sculpt 12:00-12:55 Laura K.	Tone & Stretch 10:30-11:15 Malea H.	Step & Sculpt 12:00-12:55 Laura K.	Zumba Gold & Gold Toning 11:00-12:00 Malea H.	SilverSneakers Circuit 11:05-11:55 Laura		
Cardio Sculpt 4:30-5:15 pm Desiree D.	Zumba Gold 11:20-12:00 Malea H.	Functional Fitness (QueenAx Room) 11:00-12:00 Slade S.	Power Sculpt 4:30-5:15 pm Desiree D.			
Custom Cuts 5:30-6:25 pm Desiree D.	Dance2Fit 5:30-6:25 pm Marcy L.	Dance2Fit 4:30-5:30 pm Marcy L.	Step & Sculpt 5:30-6:25 pm Desiree D.			
Barbell Conditioning 6:30-7:25 pm Suzy M.	Strength Training 6:30-7:15 pm Tiffany	Step & Sculpt 5:30-6:25 pm Desiree D.	Zumba 6:00-6:55 pm Dominique R.			
		Fit Mix 7:00-7:45 pm Suzy M.	Total Fitness 7:00-7:55 pm Leah K.			

Hours of Operation:
Monday - Friday – 5:00am - 9:30pm
Saturday – 8:00am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours
Monday-Friday – 8:00am-Noon, 4pm-8pm
Saturday- 8:00 am-Noon



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CSD COMMUNITY YMCA GROUP CYCLE SCHEDULE – DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 6:00-6:45 am Leah K.		Cycle 6:00-6:45 am Leah K.		Cycle Strength 8:05-8:55 Kathy M.	Cycle 8:15-9:15 Andrea G.	Cycle 1:30-2:15 pm Suzy M.
Cycle Strength 8:05-8:55 Kathy M.	Theme Ride 8:30-9:00 Susan P.	Cycle/TRX Conditioning 8:05-8:55 Kathy M.	Theme Ride 8:30-9:00 Susan P.	Cycle Strength 9:00-9:45 Lindsay S.		
Cycle/TRX Conditioning 9:00-9:55 Tracy L.	Cycle Strength 9:30-10:15 Kathy M.	Cycle 9:00-9:45 Lindsay S.	Cycle 9:15-10:15 Laura K.			
Cycle Strength 10:00-10:45 Lindsay S.	Cycle/Ab Lab (combo) 10:30-11:00 Cathy B.		Cycle/Ab Lab (combo) 10:30-11:00 Cathy B.			
	Cycle 4:30-5:15 Laura K.		Cycle 4:30-5:15 Laura K.			
Cycle Strength 6:00-6:45 pm Kathy M.	Cycle 6:00-6:45 pm Suzy M.	Cycle Party 6:00-6:45 pm Suzy M.	Cycle 6:30-7:15 pm Mindy P.			

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CSD COMMUNITY YMCA MIND AND BODY SCHEDULE – DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Pilates 8:05-8:55 Andrea G. Power Yoga 9:00-10:15 Sandra M. Restorative Stretch** 10:00-10:45 Tracy L. Pilates 6:00-6:55 pm Birgitt Z.	Athletic Barre 8:30-9:25 Dominique R. Beginner Yoga 9:30-10:45 Sandra M. Ab Lab 11:05-11:30 Cathy B. Power Yoga 4:45-5:45 pm Carolyn N. Fusion Fit 6:00-6:55 pm Kelly W.	Power Yoga 9:00-10:15 Sandra M. Tai Chi 10:30-11:30 Lisa L. Restorative Stretch** 10:00-10:45 Lea B. Back Stability 11:30-12:25 Birgitt Z. Athletic Barre 6:00-6:55 pm Dominique R.	Express Barre 7:45-8:25 Andrea G. Barre Conditioning 8:30-9:25 Andrea G. Intermediate Yoga 9:30-10:45 Sandra M. Ab Lab 11:05-11:30 Cathy B. Gentle Yin Yoga 11:45-12:45 Lisa L. Power Yoga 4:45-5:45 pm Carolyn N. Back Stability 6:00-7:00 pm Birgitt Z.	Yoga Conditioning 8:05-8:55 Andrea G. Barre Conditioning 9:00-9:55 Jillian W. Pilates Conditioning 10:00 -10:55 Lea B. Restorative Stretch** 10:00-10:45 Andrea G.	Barre Conditioning 9:30-10:25 Andrea G. Unity Yoga 10:30-11:30 Lisa L. Notes: **Restorative Stretch will be held in the upstairs classroom.	Power Yoga 1:30 pm-2:45 pm Carolyn N.

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CSD COMMUNITY YMCA GROUP AQUATICS SCHEDULE - DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Conditioning 8:05-8:50 Lindsay S. Water Wellness 9:30-10:20 Pat C. Water Wellness 11:00-11:50 Pat C. SilverSneakers Splash 12:00-12:50 Birgitt Z Aqua Dance 7:15-8:00 pm Sarah G.		Aqua Conditioning 8:05-8:50 Lindsay S. Water Wellness 9:30-10:20 Pat C. Water Wellness 11:00-11:50 Pat C.	Water Wellness 11:00-11:50 Niki Aqua Body Blast 7:15-8:00 Sarah G. (no class 12/27)	Aqua Conditioning 8:05-8:50 Lindsay S. Water Wellness 11:00-11:50 Niki	Aqua Body Blast 8:05-8:50 Sarah G. Aqua Dance 9:00-9:45 Sarah G. Please Note: See below pool schedule for the CSD fourth grade Kicking with Confidence learn to swim program. During the below dates/times our aquatics fitness classes will be cancelled to accommodate this fantastic swim program.	

Hours of Operation:

Monday - Friday - 5:00am - 9:30pm
Saturday - 8:00am - 6:00pm
Sunday - 1:00 pm - 6:00pm

Child Watch Hours

Monday-Friday - 8:00am-Noon, 4pm-8pm
Saturday- 8:00 am-Noon

CSD Fourth Grade Kicking with Confidence swim program dates:

Monday, December 17 - Thursday, December 20 - Larne - 9:30am-11:00am
Tuesday, January 22 - Friday, January 25 - Kinard - 9:30am-11:00am
Tuesday, February 19 - Friday, February 22 - Crowders Creek - 9:30am-11:00am AND 12:15-1:00pm



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CSD Community YMCA Group Fitness Class Descriptions

Ab Lab: If you want firmer abs and a stronger back, this is the class for you! This 25 minutes hardcore abdominal workout will focus on toning and defining the abs and strengthen the back. Improve your core strength and posture with express class.
Levels 1-3

Athletic Barre: This class is a fusion of ballet and pilates movement that dynamically improves athleticism, flexibility and overall body control. It's a high intensity workout that increases strength throughout the whole body, especially the core and legs. It also increases range of motion and flexibility. **Levels 1-3**

Athletic Conditioning: Be prepared for anything! This action packed class offers it all. It will combine skills and drills with alternating strength training and cardio circuits. May also include weight training, bosu, plyometrics, sprints, TRX, and calisthenics.
Levels 2-3

Aqua Body Blast. An energetic aqua workout designed to challenge and condition the entire body. Strengthen muscles and core. **Level 1-3**

Aqua Conditioning: This aqua class will incorporate high level cardio with strength training. Constant movement in the water will burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. **Levels 1-3**

Aqua Dance: This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss!
Levels 1-3

Back Stability: A class that will focus on stabilizing and strengthening the back, abdominal muscles, pelvis and hips ("core muscles"). It's for everybody who suffers from back pain and muscle tightness and would like to strengthen the spine with functional training. **Levels 1-3**

Barbell Blast: Resistance training using barbells combined with a few blasts of cardio. Enjoy a full-body workout that isolates each muscle group to the beat of the music.
Levels 1-3

Barbell Conditioning: This total body strength training class is designed to create a stronger, leaner and more balanced musculature. Strength work may include a variety of equipment such as dumbbells, barbells and resistance tubing while working to high-energy music. Exercises can be modified to accommodate all fitness levels. **Levels 1-3**

Barre Conditioning: A total bodywork out that burns fat and tones the body, using pilates techniques mixed with ballet barre style exercises. **Levels 1-3**



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Barre Pilates: A total body workout which is fun and energetic that fuses techniques from barre, pilates and yoga. In this welcoming atmosphere you will strengthen, tone and reshape your body. This class is the perfect combination! **Levels 1-3**

Beginner Yoga: This class is designed for those who are new to yoga. Expect a slow paced class that breaks down each pose with clear instructions. You will be carefully guided through each transition and settled into each pose with instructions that focus on safe alignment. You will be introduced to the breath techniques, transitions, and yoga poses that will prepare you for our other classes. This class is suitable for beginners, and great for anyone wanting to learn more about the poses. **Levels 1-2**

Boot Camp: Build muscle, shred fat, and burn calories with this mixed intensity workout. Exercises include plyometrics, HIIT, Tabata, body weight, weights, bands, kettlebells, BOSU, and slides. **Levels 1-3**

Bootybarre: Is a fun, high energy fusion class, combining Pilates, dance, yoga with cardio intervals at the barre. A well-structured, easy-to-follow class, choreographed into blocks for total muscular balance of the body and perfect flow. Bootybarre is low impact that's performed to the beat of the music and burns approximately 400-700 calories per hour* (*number is based upon personal body composition, effort and ability to master technique). **Levels 1-3**

Cardio Funk: Dance that will challenge the novice and experienced dancer by taking you through the land of hip hop, pop, Latin, techno, and reggae, all while having fun and burning calories. A great way to kick start your day! **Levels 1-3**

Custom Cuts: Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen the body you were born with using weights and body weight exercises. May include short cardio "spurts" to increase overall endurance. **Levels 1-3**

Cardio Sculpt: This class mixes cardio with light strength training for the ultimate low impact sweat session. Expect to burn fat and sculpt muscles during this exciting hour class. **Levels 1- 3**

Cycle: Come ready for a fun and intense workout. Bring your water bottle and towel with you, as you will definitely sweat. This class welcomes ALL fitness levels and is all about having FUN! This class can be modified for beginners and intensified for intermediate to advanced participants. It is your ride! Make the most of it! **Levels 1-2**

Cycle Party: You don't want to miss out on this PARTY! This class is fun, energetic and for everyone. Lose yourself in the motivating music while the instructor guides you through different phases of the ride. **Levels 1-3**

Cycle Strength: Start off this class on the spin bike and then be ready for anything in this fast paced and challenging class! This power packed workout may incorporate circuit training, Tabata drills, and HIIT (high intensity interval training) intervals. Use of resistance bands for strength training. **Levels 2-3**



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Cycle/TRX Conditioning: Start this workout on the bike and then get ready for TRX conditioning in the QueenAx training room. The TRX suspension training system is a cardio-intensive workout that incorporates plyometric drills with intervals of TRX power, resistance and core training. A great way to build muscles and burn calories. **Levels 1-3**

Dance2Fit: This dance-based cardio class is designed to get you moving to today's music. In this class you will sweat out your stress with fun, easy hip hop moves and use core fitness moves to strengthen, tone and sculpt your body- all while having lots of fun! No dance experience necessary! **Levels 1-3**

Express Barre: Love Barre, but don't have a lot of time? This class is perfect for you! Experience a 40 minute total body work out that burns fat and tones the body, using pilates techniques mixed with ballet barre style exercises. **Levels 1-3**

Express Boot Camp: Build muscle, shred fat, and burn calories with this 30 minute high intensity workout. Exercises include plyometrics, HIIT, Tabata, body weight, weights, bands, kettlebells, Bosu, and slides. **Levels 2-3**

Fit Mix: This class is a combination of strength training using a variety of popular techniques and equipment, mixed with high intensity interval training (HIIT) to focus on burning body fat effectively and efficiently. **Levels 1-3**

Functional Fitness: The perfect combination of functional movements with suspension training and strength training that will sculpt muscles and burn body fat. This class meets in the QueenAx training room. **Levels 1-3**

Fusion Fit: Pilates/Barre/Yoga all in one fabulous class. Tone with weights and burn calories at the barre. Sculpt & strengthen your core with Pilates. Finally, enjoy relaxing stretches to improve flexibility & relieve stress. **Levels 1-3**

Gentle Vinyasa Flow: This class is at a slower pace than the Vinyasa Flow class and allows time for modifications. It offers a dynamic yoga practice with a focus on connecting breath with movement. This 45 minute long class begins with attention to the breath and an awareness of the mind-body connection then works to develop balance, strength, flexibility, concentration and bringing balance to the body and mind. Including a variety of yoga postures or asana that flow from one to another with creative sequences and transitions, modifications are offered to make the class accessible. **Levels 1-2**

Gentle Yin Yoga: Is a restful, calming class that will include breath work, flowing movements, passive and supported poses. Yin Yoga goes beyond stretching the superficial tissues of your muscles and skin. It involves longer passive holds that get deeper into the connective tissues and the joints and aids in releasing and relaxing them. This class is suitable for all levels, great for beginners, those with limited mobility and those looking for specific support with injuries, or some just in need of some stress reduction. **Levels 1-3**



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H2O Fitness: The goal is to maintain and improve cardiovascular, muscle strength, flexibility and balance for a well-rounded workout. **Level 1-3**

HIIT Circuit: Start your day off right with HIIT (High Interval Intensity Training) and circuit training! Participants can expect "station-to-station" full body exercises that combine HIIT and circuit training in one fast-paced workout. Prepare for various modes of training and equipment (i.e. weight training, body weight exercises, sprints, plyometrics, dumbbells, barbells, kettlebells, BOSU and more! Modifications provided for those who need it. **Levels 1-3.**

High School Athletic Conditioning: Be prepared for anything! This action packed class offers it all and is for high schoolers (**9th grade and up**). It will combine skills and drills with alternating strength training and cardio circuits. May also include weight training, bosu, plyometrics, sprints, TRX, and calisthenics. Learn proper form and lifting techniques for optimal training. Lead by a nationally certified personal trainer!
Levels 1-3

Intermediate Yoga: This class is for those who have experienced yoga (beginner basics) and are familiar with basic poses, modifications, safe Alignment and a solid foundation. We will take the beginner basics and add more challenging poses (asana) with a faster pace integrating movement of body and breath to build heat, taking the practitioner to the next level of strength and flexibility. **Levels 1-3**

Kid Fit: This program is designed to keep **kids ages 5-10** moving with calisthenics, fitness games and body weight exercises for a fun, yet challenging class.

Pilates: This is a multi-level core centered workout. It is perfect for beginners but will also challenge those who are more intense with their fitness goals. Learn skills to achieve balance and flexibility while lengthening and strengthening muscles through mat work developed by Joseph Pilates. **Levels 1-3**

Pilates Conditioning: This is a multi-level core centered workout based on the workout developed by Joseph Pilates. Perfect for all levels. During this class you will strengthen your core, improve flexibility, and coordination. This class focuses on balance and strength endurance. **Levels 1-3**

Pound Express: Rockout! Workout. It's a jam session inspired by the energizing, infectious, sweat dripping fun of playing the drums! A fusion of cardio, strength training, Pilates and HIIT techniques, ramped up with the super hip element of drumming. Grab your STIX! **Levels 1-3**

Power Sculpt: Sculpt and tone your body during this interval training class utilizing tubing, heavy weights, body resistance and power moves. **Levels 1-3**



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Power Yoga: This yoga class is a system of practice used to create balance on all the layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The Asanas: (poses), Vinnyasas: (flowing movements), Pranayama: (breathing techniques), and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, legs and spine. The primary goal of practice is not to target the body, but to target one's concentration, focus and attention; to turn it all inward, creating a serenely stable inner-atmosphere conducive for awareness and personal development. **Levels 1-3**

Restorative Stretch: If you would like to take a class that is relaxing, calming and full of gentle stretching, then look no further. You will improve your range of motion, blood flow and circulation throughout the joints using progressive balanced movements. The perfect supplement for active participants to enhance flexibility and prevent injuries. **Levels 1-3**

Run4Fun: This is a running class designed to make running fun for recreational runners. The class will include running outside (weather permitting), theme runs, fun run drills, etc. Running distances 3-6 miles. Meet in the Chapel (behind front desk). **Levels 1-3**

SilverSneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a silver sneakers ball are offered for resistance. A chair is used for seated and/or standing support. **Classes include: SilverSneakers Classic and SilverSneakers Circuit. Level 1**

SilverSneakers Splash: Enjoy this fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. The pool provides many benefits when used for aerobic exercise and resistance training. Safe for non-swimmers. **Levels 1-3**

Step & Sculpt: Step class which combines strength training and a step workout to kick your body into high gear, by keeping choreography simple and intensity high.

Strength Training: This is a full body strength training class for all fitness levels! It emphasizes posture and lumbar stabilization while building strength, endurance and balance. You can expect to use a variety of different equipment such as weights, bands, balls and other tools to get stronger and leaner.

Tai Chi: This ancient martial art class combines breathing techniques, meditation and body movements performed in slow motion. It increases strength, calms the spirit, helps to achieve mental peace and relaxation. This class is doable for everyone, but especially great for anyone with or recovering from an injury, anyone dealing with any challenges and/or new to fitness and seniors. **Levels 1-3**

Theme Ride (cycle): Join the PARTY with changing theme rides that keep you guessing! This high energy, fun class utilizes heart-pumping music to motivate and inspire riders. **Levels 1-3**



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Tone & Stretch: If you want to build a lean and toned body, this class is for you. This low impact class will use light weights to sculpt muscles. The use of stretching techniques will help elongate muscles and increase flexibility. **Levels 1-3**

Total Fitness: Just what the name implies. Be prepared for anything! Cardio, upper and lower body strength, balance, stretching and kickboxing. It's like having your own personal trainer. **Levels 1-3**

TRX Boot Camp: Ideal for anyone who wants to burn fat, increase flexibility and build strength. Suspension training develops physical strength while using functional movements. Kettlebells provides unique multi-joint movements that exercise all the large muscle groups while also simultaneously providing a high level of cardiovascular training. **Levels 2-3**

TRX Conditioning: Looking for the perfect blend of strength & cardio? Look no further. In this class you will use the TRX suspension training system to work every muscle in the body using your own body weight. This class will also utilize other equipment to optimize your calorie burn. **Levels 2-3**

Unity Yoga: This class is a blend of traditional Indian and Himalayan Yoga with modern methods. The system incorporates alternating active and passive poses with many turns on the mat for Asana-physical, and Pranayama-breath work, ultimately aiding in calming the mind and leaving you with an overall feeling of being balanced. **Levels 1-3**

Vinyasa Flow: This class offers a dynamic yoga practice with a focus on connecting breath with movement. This hour long class begins with attention to the breath and an awareness of the mind-body connection then works to develop balance, strength, flexibility, concentration and bringing balance to the body and mind. Including a variety of yoga postures or asana that flow from one to another with creative sequences and transitions, modifications are offered to make the class accessible. **Levels 2-3**

Water Stretch & Strength: The goal is to aid in improving flexibility, balance, and strength with the use of water weights and natural resistance. In this low impact class you will be stretching and toning the muscles for overall fitness. **Levels 1-3**

Water Wellness: Become acquainted with water walking and exercising in our warm water pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. **Levels 1-3**

Wee Fit: A fitness class for children **aged 3-4 years old**. This class utilizes their gross motor skills and burns off some energy!

Yoga Conditioning: This is a great class for the intermediate to more advanced participant. Using a fitness style yoga flow, participants can expect to see enhanced definition, increased strength, and decreased injury. **Levels 2-3**



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Youth Boot Camp: This program is designed for **kids 11+ years old** looking to kick start their fitness goals. It combines cardio and body weight strength training in an action packed 45 minute class. Bootcamp will be constantly challenging by offering activities which may include military style circuits, strength and flexibility stations using their own body weight, obstacle courses, ball games, jump ropes, and much more.

Zumba: Shake it up and sweat in this fun high-energy class that includes various dance and cultural influences. **Levels 1-3**

Zumba Step: Introducing Zumba Step, the revolutionary new Zumba program. Tone and strengthen legs and glutes with a gravity-defying blend of Zumba routines and step aerobics. Get maximum lower body results without losing the fitness-party fun you love! **Levels 1-3**

Zumba Gold: An innovative, fun, and exciting program. Zumba Gold was designed for the active older adult, the true beginner, and/or people who may be limited physically. **Level 1**

Zumba Gold Toning: This class blends the Zumba party you love at a slower pace with redefining total body workout using Zumba Toning Sticks and or light dumbbells to shake up those muscles! Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. **Levels 1-2**

Zumba Tonina: This unique class combines targeted body sculpting exercises and high-energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Light hand weights and/or Zumba toning sticks are used. **Levels 1-3**

Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced