



FAIRVIEW FITNESS PARK GROUP EX!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30	NEW! GROUP POWER		NEW! GROUP POWER		NEW! GROUP POWER		<p>Ditch the Workout. Join the PARTY! Burn 500 calories an hour.</p> <p>Zumba is a cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom. Zumba is designed for every shape and age. Anyone can attend a ZUMBA class and have fun. It is not limited to dancers or fitness fanatics.</p> <p>NEW!</p> <p>ZUMBA FITNESS</p> <p>Zumba is great for the mind, body and soul</p> <p>4:00 SUNDAYS</p>	
8:30	STEP EXPRESS 30	CYCLING EXPRESS 30	NEW! GROUP POWER	KICKBOXING YOGA	CARDIO EXPRESS 30			
9:00	AQUA EXERCISE	AQUA EXERCISE		AQUA EXERCISE	8:30 LOW IMPACT H2O			
9:00	WEIGHTS COREPOLE Wanda	CORE & STRENGTH		STEP & STRENGTH	NEW! GROUP POWER	NEW! GROUP POWER		
9:30								
POOL RESERVED	MON-FRI PHYSICAL THERAPY 10-12 & 2-4							
10:15	YOGA/ PILATES	NEW! ZUMBA FITNESS	YOGA/ PILATES			CYCLE & ABS		
11:15			SENIOR STRETCH & STRENGTH					
1:00	NEW! SUPERVISED SR. SWIM		SUPERVISED SR. SWIM		SUPERVISED SR. SWIM			
4:30	NEW! COREPOLE Ruth Ellen	NEW! GROUP POWER	BEGINNER STEP & STRENGTH	NEW! GROUP POWER				
4:30		CYCLE & ABS	SENIOR CHAIR WORKOUT					
5:30	GROUP POWER	CYCLE, STEP AND ABS	NEW! GROUP POWER	NEW! ZUMBA FITNESS	<p>Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!</p>			
5:30	AQUA EXERCISE	AQUA EXERCISE		AQUA EXERCISE				
6:30	NEW! ABS 30 min.	NEW! ZUMBA FITNESS		NEW! ABS 30 min.				
6:30	YOGA/ PILATES	YOGA/ PILATES		YOGA/ PILATES				
6:30								
HOURS POOL AVAILABLE FOR FREE SWIM	M 5-8:55 O 12-1 N 4-5:30 D 6:30-7:00 A 8:00-9:30 Y	T 5-8:55 U 12-2 E 4-5:30 S 6:30-7:00 D 8:00-9:30 A	W 5-10 E 12-1 D 4:00-9:30 N	T 5-8:55 H 12-2 U 4:00-5:30 R 6:30-9:30 D	F 5-8:55 R 12-1 I 4-8 D	S 8-4 A 1-5 T 6:00 U		

