


FitClass Membership Schedule



CENTRAL PARK RECREATION CENTER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10a Zumba Gold Barbara	8:30-9a Cardio Express Lisa	8:30-9:30a Gentle Yoga Jeanette	8:30-9a Cardio Express Lisa	8-9am Yoga Jeanette	9-10a Body Sculpting Sandra
10-11a Gentle Fitness Kelly	9-10a Body Sculpting Lisa	9-10a Spin Kelly	9-10a Body Sculpting Lisa	8:30-9:30a Cardio Interval Lisa	10:15-11:00a Beg. Spin Sandra
10-11a Zumba Toning Barbara	10-11:30a 50+ Fitness Lisa	9-10a Zumba Gold Barbara	10-11:30a 50+ Fitness Lisa	9-10:30a Zumba Gold Barbara	
11a-12p Yoga Kelly	5:30-6:15p Core & More Sandra	10-11a Yoga Sculpting Kelly	10-11a Pilates Kelly	9:30-11a 50+ Fitness Lisa	
6:30-8p Zumba/Mixedfit Barbara	6-6:45p Spin Shannon	11a-12p 50+ Fitness Kelly	11-11:30a Spin Kelly	10:30-11:30a Spin Sandra	
	6:15-7p Whole Body Sandra	5:30-6:15p Weight Training Sandra	11:30a-12p Stretch Kelly		
	7-8pm Zumba Barbara	6-6:45p Spin Shannon	5:30-6:15p Circuit Sandra		
		6:15-7p Beginner Barre Sandra	6:15-7p Whole Body Sandra		

To view the complete schedule for all our locations, scan the QR code below:



Class Descriptions

- 50+ Fitness:** A blend of exercises for 50+ designed to improve tone and strength.
- Beginner Barre:** A low impact 45-minute workout using small isometric movements to tone and sculpt.
- Body Sculpting:** Uses body resistance, weights and low impact cardio to tone and sculpt.
- Cardio Express:** High intensity cardio exercises to increase heart rate and burn fat.
- Cardio Interval:** Alternates low and high intensity exercises for a high calorie burn.
- Circuit:** Low and high intensity exercises to build strength and endurance.
- Core & More:** A full body workout to improve tone, balance, strength and core.
- Gentle Fitness/Yoga/Stretch:** A gentle movement and stretch class for beginners and older participants.
- Mixedfit:** A people inspired fitness program that is a mix of explosive dance movements & bodyweight toning.
- Pilates:** Mat-based Pilates to strengthen core, improve posture and muscle tone.
- Spin:** A 45-minute cardio and strengthening workout using exercise bikes.
- Whole Body:** Strength, balance, core, flexibility and endurance movements. All levels are welcome!
- Yoga:** Breathing and body poses to improve tone, strength, flexibility and health.
- Yoga Sculpting:** Class combines Yoga poses and lightweight dumbbells.
- Zumba:** Utilizes music, dance and interval and resistance training to maximize caloric output, fat burning and total body toning.
- Zumba Gold:** Slower paced class for beginners or older participants.
- Zumba Toning:** The Zumba you love with a little toning exercises mixed in to keep your body moving.