


FitClass Membership Schedule



FOWLER PARK RECREATION CENTER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10a Step & Sculpt Nancy A.	9-10a Dance Fitness Kellie	8:30-9:30a Body Sculpt Debbie	9-10a Dance Fitness Kellie	8:30-9:30a Body Sculpt Debbie	9-10a Pilates Sculpt Kathryn
9-10a Gentle Yoga Debra	10-11:30a Yoga Kathryn	9-10a Beginner Yoga Debra	10-11a Sculpt & Stretch Kellie	9-10a Beginner Yoga Debra	10-11:30a Yoga Kathryn
10-11a Yogalates Nancy A.	5:30-6:30p Barre Fusion Renee	9:30-10:30a Pilates Debbie	10-11:30a Yoga Kathryn	9:30-10:30a Pilates Debbie	10-11am Mixed Fit Barbara
10-11:30a Yin Rest, Yoga/Nidra Debra	5:30p-6:30p Sculpt & Stretch Kellie	10-11:30a Yin Rest, Yoga/Nidra Debra	11a-12p Zumba Toning Ranjana	10-11:30a Yin Rest, Yoga/Nidra Debra	
5:30-6:30p Body Sculpt Debbie	6:30-7:30p Dance Fitness Kellie	11-12p Zumba Diane	12p-1p Gentle Yoga Mary	<p>To view the complete schedule for all our locations, scan the QR code below:</p> 	
5:30-6:30p Yoga Kimberly		5:30-6:30p Pilates Sculpt Debbie	5:30-6:30p Barre Fusion Renee/Debbie		
		6:30-7:30p Hatha Yoga Mehul	6:30-7:30p Zumba Payal		
		6:30-7:30p Zumba Toning Payal			

Class Descriptions

Barre Fusion: Non-impact class using ballet barre conditioning, Pilates, and yoga to burn fat, shape muscles, and increase flexibility.

Body Sculpt/Step & Sculpt: Uses body resistance, weights and low impact cardio to tone and sculpt.

Dance Fitness (formerly Zumba): A total body cardiovascular workout designed for every fitness level. Utilizing movement to music & modification of movement progression & intensity in a dance fitness format to maximize calorie output, fat burning & overall body toning.

Functional Sculpt & Stretch (formerly 50 Fit & Fab): A full body workout to improve muscle tone, strength, and increase flexibility & mobility by utilizing full range of motion exercises to prevent injuries. Total body conditioning to prepare, strengthen & stretch the body for activities of daily life.

Gentle Fitness/Yoga/Stretch: A gentle movement and stretch class for beginners and older participants.

Hatha Yoga: Holistic yoga in its purity of ancient tradition, inspired by Sri Yoga, that includes breathing and poses.

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.

Yin Restorative Yoga/Nidra: Practice of deep release for the body, postures are approached gently, with support to find the first edge and allow participants to feel effects of holding the body stillness.

Yoga: Breathing and body poses to improve tone, strength, flexibility and health.

Yoga Sculpting: Class combines Yoga poses and lightweight dumbbells.

Yogalates: A combination of yoga and pilates.

Zumba: Utilizes music, dance and interval and resistance training to maximize caloric output, fat burning and total body toning.

Zumba Toning: The Zumba you love with little toning exercises mixed in to keep your body moving.