


FitClass Membership Schedule



FOWLER PARK RECREATION CENTER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10a Step & Sculpt Nancy A.	9-10a Zumba Kellie	8:30-9:30a Body Rock Debbie	9-10a Zumba Kellie	8:30-9:30a Body Sculpting Debbie	9-10a Pilates Sculpt Kathryn
9-10a Gentle Yoga Debra	10-11:30a Yoga Kathryn	9-10a Beginner Yoga Debra	10-11a 50, Fit, & Fabulous Kellie	9-10a Beginner Yoga Louise	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 50, Fit, & Fabulous Kellie	10-11:30a Yin Rest.Yoga/Nidra Debra	11a-12p Zumba Toning Ranjana	<div style="border: 1px solid black; padding: 10px;"> <p>To view the complete schedule for all our locations, scan the QR code below:</p>  </div>	
5:30-6:30p Body Rock Debbie	6:30-7:30p Zumba Kellie	11-12p Zumba Diane	12p-1p Gentle Yoga Mary		
5:45-6:45p Yoga Amy		5:15-6:15p 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

50+ Fitness: A blend of exercises for 50+ designed to improve tone and strength.

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

Body Rock: A weight-training program that uses barbells. For all ages and fitness levels.

Body Sculpting: Uses body resistance, weights and low impact cardio to tone and sculpt.

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 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.

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