



## Group Exercise Class Schedule

| Monday  | Tuesday | Wednesday  | Thursday | Friday  | Saturday               | Sunday |
|---|---------|--|----------|---|------------------------|--------|
| <b>9:30 am</b><br>SilverSneakers®<br>Yoga<br><br><b>10:30 am</b><br>SilverSneakers®<br>Yoga<br><br><b>6:30 pm</b><br>Kickboxing** |         | <b>9:30 am</b><br>SilverSneakers®<br><br><b>10:30 am</b><br>Kickboxing** |          | <b>9:30 am</b><br>SilverSneakers®<br><br><b>10:30 am</b><br>SilverSneakers® | <b>8:30 am</b><br>Yoga |        |

\*\* Not included in monthly membership. Additional cost per class.

**\*SilverSneakers® Yoga** – A gentle, chair-based yoga with a focus on improving flexibility, range of motion and stability.

**\*Kickboxing** - A noncontact workout that can sculpt muscles and blast fat. Kickboxing is an easy way to lose weight, burn calories and get stronger. Instruction provided by Fleming’s Martial Arts Hoover.

**\*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 available if needed for seated or standing support.

**\*Yoga** - Our variety of classes are athletic in nature helping you to build strength, increase flexibility, confidence and grace in your body and mind. Yoga is encouraged for all ages, body types and fitness levels.

**Be sure to like us on Facebook and follow us on Twitter and Instagram to stay updated on schedule changes.**

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