



Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am SilverSneakers® Yoga 6:30 pm Kickboxing**		9:30 am SilverSneakers® 10:30 am Kickboxing**	6:00 pm POUND®**	9:30 am SilverSneakers®	8:30 am 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.

***POUND®** - “The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. sing Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.”

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

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