

# Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 AM	Step	Cardio Dance	Step	Step	Step	
9 AM		Body Sculpt	Yoga as Therapy	Yoga		
9:15 AM	Easy Step				Body Sculpt	
10 AM		Yoga				Yoga
10:30 AM	Yoga as Therapy				Gentle Yoga	
4:45 PM				Kids Karate-Do		
5:30 PM	Step, Strength & Sculpt		Step, Strength & Sculpt			
5:45 PM				Beg (13 & up) Karate-Do		
6:45 PM				Intermediate Karate-Do		

**Body Sculpt** – Tone up and slim done! Each class is specifically designed by the individual instructor to provide participants with a total body workout.

**Cardio Dance** – Exercise should be something you enjoy! Cardio dance is a mixture of mambo, salsa, cha-cha and more. Predominately Latin dance, cardio dance has excellent cardiovascular benefits. Additionally, this class is excellent for toning and whittling the waistline along with the entire core. Come dance away the pounds and feel good all over.

**Easy Step** – Perfect for those interested in getting in shape with the use of the step, but without having to learn a lot of dance steps.

**Karate-Do** – Class is taught with an emphasis on “the way”, meaning developing in all aspects of your life not just physically. You will learn forms. Forms are a series of moves that create a specific pattern. The forms are the building blocks of self-defense, but they are also excellent patterns for fitness. Forms are individualized for each participant’s own pace.

**Pilates** – Pilates, a method of exercise and physical movement designed to stretch, strengthen and balance the body.

**Step Aerobics** – Each class is specifically designed by the individual instructor to provide participants with a total body workout. Based on instructor discretion; classes feature a unique variety of step exercises accompanied by toning, stretching, weights, etc.

**Step-Free Aerobics** – Fun class featuring cardio, sculpting, and toning exercises but with low-impact focus.

**Step, Strength & Sculpt** – A combination of step aerobics, strength training and muscle sculpting exercises.

**Yoga & Gentle Yoga** – Physical and mental workout with a focus on breathing, relaxation, strength, and flexibility. Each class is appropriate for the beginner, immediate or advance participant with modification given for each level of expertise.

**Yoga as Therapy** – Physical and mental workout taught with an emphasis on modifications for participants with limitations as a result of injury or medical advisement. Yoga as Therapy is appropriate for beginner, intermediate or advanced participants.