

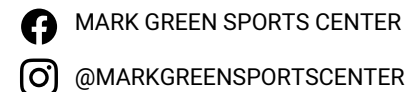
MARK GREEN SPORTS CENTER GROUP EXERCISE SCHEDULE

MAY 20 23

MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL BODY FIT 8:30 AM - 9:30 AM W/ VERONICA • No Class 5/29	SPIN-UP! 8:30 AM - 9:30 AM W/ JESSICA	BRAZILIAN PUMP & TONE 8:45 AM - 9:45 AM W/JESSICA	SCULPT 8:30 AM - 9:30 AM W/VERONICA	ZUMBA 8:30 AM - 9:30AM W/ MONICA	V-BODY SLAM 8:30 AM - 9:30AM W/ VERONICA	
FAB FIT 9:45 AM - 10:45 AM W/ CARMEN • No Class 5/29	SILVER SNEAKERS CLASSIC 10 AM - 11 AM W/ STEVE	ZUMBA 10 AM - 11 AM W/OLIVE	SILVER SNEAKERS CLASSIC 10 AM - 11 AM W/ MIKE	TOTAL BODY FIT 9:45 AM - 10:45 AM W/ VERONICA	ANNOUNCEMENTS ★ An extra Silver Sneakers Classic class with Steve has been added to Tuesdays ★ Gentle Yoga with Makiko has been added to Thursday nights.. Monday May 29th the MGSC will be open 7 AM - 12 PM in observation of Memorial Day Purple shaded boxes are classes that require a registration to participate. See front desk for more details.	
PWR! MOVES 11:15 AM - 12:15 AM W/ CARMEN PARKINSON'S EXERCISE REGISTRATION REQUIRED	SILVER SNEAKERS CLASSIC 11:15 AM - 12:15 AM W/ STEVE ★	PWR! MOVES 11:15 AM - 12:15 AM W/ CARMEN PARKINSON'S EXERCISE REGISTRATION REQUIRED		SENIOR YOGA FITNESS 11:30 AM - 12:30 PM W/ STEVE		
		TAI CHI 1 PM - 2:00 PM W/ MIKE	SILVER SNEAKERS CIRCUIT 12 PM - 1 PM W/ CARMEN	YOGA FOR PARKINSON'S 12:45 PM - 1:45 PM W/ NANCY PARKINSON'S EXERCISE REGISTRATION REQUIRED		
	ROCK STEADY BOXING 1:30 PM - 2:45 PM W/ ROB & MIKE PARKINSON'S EXERCISE REGISTRATION REQUIRED		ROCK STEADY BOXING 1:30 PM - 2:45 PM W/ ROB & MIKE PARKINSON'S EXERCISE REGISTRATION REQUIRED			
20/20/20 5:15 PM - 6:15 PM W/ CARMEN • No Class 5/29	TOTAL BODY FIT 5:15 PM - 6:15 PM W/ JEFF	TOTAL BODY FIT 5:15 PM - 6:15 PM W/ JEFF				
BOMBAY JAM 6:30 PM - 7:30 PM W/ ANILA • No Class 5/29	ZUMBA 6:30 PM - 7:30 PM W/OLIVE • Monica sub 5/30	ZUMBA 6:30 PM - 7:30 PM W/ MONICA	MIXXED FIT 6:30 PM - 7:30 PM W/ AZIZA • No Class 5/18	DANCE COMMIXTURE 6:30 PM - 7:30 PM W/ AZIZA • Anila Sub 5/5,5/19,5/26		
	VINTAGE SWING: JITTER BUG SWING (LEVEL 2) 7:45 PM - 8:45 PM W/ MIKE REGISTRATION REQUIRED		GENTLE YOGA DEMO 7:35 PM - 8:35 PM W/ MAKIKO • No Class 5/18 ★	VINTAGE SWING: EAST COAST SWING (LEVEL 1) 7:45 PM - 8:45 PM W/ MIKE REGISTRATION REQUIRED		



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The classes listed below are all included with your Mark Green Sports Center Membership.

Classes marked with a (*) are senior specific classes.

Fab Fitness

A fun circuit-style class set to great music! Using aerobic movement, hand-held weights, and floor work, this class give you a total body workout with easy-to-learn movements set in a fun, non-intimidating environment.

Bombay Jam

Powered by the explosively fun, globally appealing Bollywood culture. The ultimate dance fitness total body workout with safe, easy to follow movements, and packed with authentic Bollywood flavor.

20/20/20

This class breaks down your workout into three distinct 20-minute segments: cardio, strength, and core and stability to provide you with a balanced workout that touches on all aspects of fitness. Modifications can be made for all fitness levels.

Silver Sneakers Classic *

A fun circuit-style class set to great music! Using aerobic movement, hand-held weights, and floor work, this class give you a total body workout in just one hour! Easy to learn movements set in a fun, non-intimidating environment.

Silver Sneakers Circuit *

A standing upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers™ ball is alternated with non-impact aerobic choreography.

Senior Yoga Fitness *

A chair based yoga class that utilizes breathing techniques and light weights to improve strength, balance, and range of motion.

Gentle Yoga

This class blends elements of Hatha and Yin yoga and incorporates a variety of postures that are coordinated with breathing to enhance flexibility and balance. All levels are welcome to join.

V Body Slam

Barbells, dumbbells, steps, and bands, this class will utilize any and all equipment at our disposal to keep you challenged and engaged. This circuit training class will take your fitness to the next level and get your weekend started right.

Total Body Fit

Challenge yourself with a total body workout that will aim to enhance your fitness level through a full body workout that will leave you spent in body parts you forgot you had!

Tai Chi

Tai chi, short for Tai chi ch'üan, sometimes called " shadowboxing ", is an internal Chinese martial art practiced for defense training, health benefits and meditation

Brazilian Pump & Tone

No ticket needed to party like your in Rio. This class is a high energy class combines various styles of strength training and step movements to up-tempo dance music.

Spin Up!

This indoor stationary cycling class is set to exciting - high energy music to get your adrenaline turned up as you peddle through a heart pumping and fat burning workout that includes short circuits of strength work mixed in throughout the class.

Mixed Fit

You'll feel like you are in a night club and leave feeling like you just took a boot camp class with easy to follow dance moves and upbeat music!

Dance Commixture

A fun and energetic exercise class that combines different types of dance fitness styles(BellyDance, DanceHall, African Dance, Hip Hop and more). My class will make you sweat, smile and stress less.

Zumba

Zumba is a fitness class that combines Latin dance moves with cardio, muscle conditioning, balance and flexibility. It is an interval workout that moves between high- and low-intensity levels to burn calories and boost endurance

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