

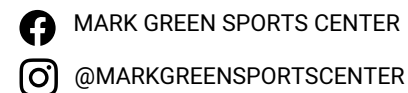
# MARK GREEN SPORTS CENTER GROUP EXERCISE SCHEDULE

# NOV 20 23

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>TOTAL BODYFIT</b> 8:30 AM - 9:30 AM W/ VERONICA		<b>V - HIIT</b> 8:30 AM -9:30 AM W/VERONICA	<b>SCULPT</b> 8:30 AM -9:30 AM W/VERONICA No Class 11/23	<b>ZUMBA</b> 8:30 AM - 9:30AM W/ MONICA No Class 11/24	<b>V-BODY SLAM</b> 9 AM - 10 AM W/ VERONICA	<b>YOGA</b> 9 AM - 10 AM W/ JESSICA
<b>FAB FIT</b> 9:45 AM - 10:45 AM W/ CARMEN Olive sub 11/13	<b>SILVER SNEAKERS CLASSIC</b> 10 AM - 11 AM W/ STEVE	<b>ZUMBA</b> 10 AM -11 AM W/OLIVE	<b>ROCK N ROLL AEROBICS</b> 10 AM - 11 AM W/ MIKE No Class 11/23	<b>TOTAL BODYFIT</b> 9:45 AM - 10:45 AM W/ VERONICA No Class 11/24	<b>ZUMBA</b> 11 AM - 12 PM W/ LEWIS	
<b>PWR! MOVES</b> 11:15 AM - 12:15 PM W/ CARMEN PARKINSON'S EXERCISE REGISTRATION REQUIRED	<b>SILVER SNEAKERS CLASSIC</b> 11:15 AM - 12:15 PM W/ STEVE	<b>PWR! MOVES</b> 11:15 AM - 12:15 PM W/ CARMEN PARKINSON'S EXERCISE REGISTRATION REQUIRED		<b>SENIOR YOGA FITNESS</b> 11:30 AM - 12:30 PM W/ STEVE No Class 11/24	<b>ANNOUNCEMENTS</b>	
		<b>TAI CHI</b> 1 PM - 2:00 PM W/ MIKE	<b>SILVER SNEAKERS CIRCUIT</b> 12 PM - 1 PM W/ CARMEN Veronica sub 11/16	<b>PWR! MOVES (Class B)</b> 11:15 AM - 12:15 PM W/ CARMEN PARKINSON'S EXERCISE REGISTRATION REQUIRED	<ul style="list-style-type: none"> <li>No Classes on 11/23 &amp; 11/24 (Thanksgiving &amp; Black Friday)</li> <li>New FEE Class Demos in November for Barre with Vena. Please look out for flyers indicating when and how to sign-up for the free Barre Class demo.</li> <li>If you wish to be notified whenever classes are cancelled, please see the front desk to sign-up for notifications. Notifications are only sent out when the schedule changes from this monthly calendar.</li> </ul>	
	<b>ROCK STEADY BOXING</b> 1:30 PM - 2:45 PM W/ ROB & MIKE PARKINSON'S EXERCISE REGISTRATION REQUIRED		<b>ROCK STEADY BOXING</b> 1:30 PM - 2:45 PM W/ ROB & MIKE PARKINSON'S EXERCISE REGISTRATION REQUIRED			
	<b>TOTAL BODYFIT</b> 5:15 PM - 6:15 PM W/ JEFF	<b>TOTAL BODYFIT</b> 5:15 PM - 6:15 PM W/ JEFF	<b>20/20/20</b> 5:15 PM - 6:15 PM W/ Carmen No Class 11/16 & 11/23			
<b>BOMBAY JAM</b> 6:30 PM- 7:30 PM W/ ANILA	<b>ZUMBA</b> 6:30 PM- 7:30 PM W/OLIVE	<b>ZUMBA</b> 6:30 PM - 7:30 PM W/ MONICA	<b>MIXXED FIT</b> 6:30 PM - 7:30 PM W/ AZIZA No Class 11/23	<b>DANCE COMMIXTURE</b> 6:30 PM - 7:30 PM W/ AZIZA No Class 11/24		
	<b>VINTAGE SWING: JITTER BUG SWING (LEVEL 2)</b> 7:45 PM - 8:45 PM W/ MIKE REGISTRATION REQUIRED	Purple shaded boxes are classes that require a registration to participate. See front desk for more details.	<b>GENTLE YOGA</b> 7:35 PM - 8:35 PM W/ MAKIKO No Class 11/23	<b>VINTAGE SWING: EAST COAST SWING (LEVEL 1)</b> 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.

### **Yoga**

Enjoy a one-hour vinyasa yoga flow class with equal parts pranayama (breathwork) and movement (asana). Within the hour we will move through poses, syncing movement with breath, warm up muscle groups and move through poses. This is an all levels class for all ages and athletic abilities and modifications will be given if need be.

### **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 with Veronica 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

### **V - HIIT**

This morning interval training class is like your morning cup of coffee with Veronica. Keeping you on your feet and utilizing light weights, we will work in short bursts of exercise and minimal rest to improve your cardiovascular endurance and burn fat.

### **Rock n Roll Aerobics**

A fun and energetic exercise class designed for seniors to exercise to classic Rock n Roll tunes. This class incorporates chair, standing, and occasional floor exercises.

### **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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