

Group Class Schedule **UPDATED 7/12/10**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM							
8:00 AM							
8:45 AM						Zumba (Amber)	
9:00 AM							Zumba (Nathalia)
9:30 AM	Zumba (Nathalia)	Total-Body Conditioning	Zumba (Amber)	Total-Body Conditioning	Zumba (Amber)		
10:00 AM						Zumba (Amber)	
10:30 AM							
11:30 AM							
12:00 PM							
2:00 PM							
3:30 PM			Zumba (Amber)				
4:00 PM							
4:30 PM	Zumba (Kristen)	Zumbatomic (Amber)					
5:30 PM	Ba Gua Zhang (Wanda)		Total-Body Conditioning				
5:45 PM		Zumba (Amber)		Zumba (Amber)			
6:30 PM			Zumba (Kristen)				
7:30 PM		Zumba (Nathalia)		Zumba (Nathalia)			
8:00 PM	Zumba (Amber)						

Zumba: An exciting class full of Latin and exotic music flavors. The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Total-Body Conditioning: This workout uses weight and other pieces to help promote strength, conditioning, and flexibility.

Ba Gua Zhang: A martial art focused on health, longevity, and fitness. Ba Gua Zhang is based upon the principles of constant change and emphasizes internal stillness within external movement.

Zumbatomic: A dance-fitness program designed exclusively for kids. (age 4-12) 45-min class