

# EFF.1/1/2011 Plantation Bay Group Exercise Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30						
8:00	<b>Cardio Strength</b>	* Abs	<b>Cardio Strength</b>		<b>Cardio Strength</b>	
8:30				* Solid Weight Training		
8:45						Cardio Step/Low Impact
9:15	<b>**Yoga</b>		*Resist-a-Ball	<b>Gentle Yoga</b>	* Abs	
9:30						*Solid Weight Training
10:00						*Solid Weight Training
10:30						Stretch
3:00						
3:45						
4:00	<b>Zumba</b>	Cardio Step/Low Impact		Cardio Step/low Impact		
4:30		*Solid Weight Training				
5:00						
5:30						
5:45		<b>Yoga for Sports</b>				

\* Designates 30 minute class    \*\* Designates 90 minute class

**Fee Based Classes in Bold**- All Yoga Classes, Cardio Strength, Zumba

*All other scheduled classes are 1 hour.*

- Cardio Strength            -An interval class combining cardio and strength exercises! All levels.
- Cardio Step                - A 45 minute cardio vascular workout using the step-finishng with toning exercises
- Solid Weight Training    - A free weight resistant workout set to music
- Abs                            - A 30 minute workout focusing on your abdominal/back area.
- Resist-A-Ball                - A class using exercise balls to help with balance and focus on your core
- Stretch                      - A great way to relax and increase your flexibility
- Yoga For Sports            - For the Athlete in all of us!
- Zumba                        Fusion of international music that creates an exciting workout





