



STUDIO Y

TUESDAY

- 4:00-5:00PM – **OLDER ADULT SMALL GROUP PERSONAL TRAINING** W/ Cassidy

Low-impact session that promotes cardiovascular health, flexibility, weight loss, and increased strength. This program is also appropriate for those with physical limitations. No more than five people per session.

WEDNESDAY

- 5:15-6:00PM – **KICKBOXING** W/ Lois

This class is flexible and adaptive so that it serves the needs of all participants - it will get beginners into shape, it will challenge advanced athletes, & all genders are welcome! The class format integrates combinations of punches, kicks, & heavy-bag work. Additional muscle and motion exercises are incorporated to strengthen and tone.

- 6:00-7:00PM – **ZEN BARRE** W/ Erica

This class provides the ultimate and unique workout designed to sculpt and strengthen your entire body as flexibility is increased. ALL fitness levels welcome.