

GROUP EXERCISE

PRISCO COMMUNITY CENTER • MARCH 28 - JUNE 6

CLASSES HELD IN GROUP EXERCISE STUDIO



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|------------------|------------------|-----------|------------------|-------------------------------|------------------------|--------|
| 8 a.m. | | | | | | Cycle Jen | |
| 8:30 a.m. | | | | | Barre Body Fusion Paula | | |
| 9:15 a.m. | | | | | | Vinyasa Yoga ▶ Rose | |
| 9:30 a.m. | Zumba Charity | | | | | | |
| 10 a.m. | | Zumba Giorgio | | Zumba Giorgio | | | |

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- \$ Fee-based class

GROUP EXERCISE AT PRISCO

Barre Body Fusion: This class combines the basics of Barre, Pilates, and Yoga. Barre is a challenging, but low-impact workout with small, controlled movements, isometric holds and high repetition. All levels welcome.

Cycle: A dynamic indoor cycling experience on a specially designed stationary bike and set to music. A great non-impact workout for all fitness levels. Follow ride with cooldown and stretch.

Vinyasa Yoga: Flow through a carefully balanced sequence of breath-guided postures. Create internal heat and breath awareness through sun salutations and holding postures while learning alignment. Leave class feeling rejuvenated. Suitable for all levels.

Zumba®: Ditch the workout and join the party! Zumba is a fun cardio workout with easy-to-follow dance steps inspired by Latin rhythms, featuring “sizzling” south-of-the border moves that are “spicy hot!” Dancer or not, burn calories, work up a sweat and have a great time doing it!