











GAFFNEY MAY 2022 GROUP FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba GOLD (Doris&Kenise) 1130-1230		Zumba GOLD (Doris&Kenise) 1130-1230	Zumba (Natalhy) 1115-1200	High Fitness (Ashley) 0900-1000
Foundational YOGA (Brent) 1630-1730		NO CLASSES MAY 30th <i>Gaffney will be open 0800-1200</i>		Zumba (Doris & Co) 1000-1100	
Swim & Strength (Deb) 1700-1800		Swim & Strength (Deb) 1700-1800		Restore YOGA (Brent) 1700-1800	YOGA Burn (Brent) 1100-1200
Zumba (Michelle) 1730-1830	Body Tone (Adele) 1715-1815	Zumba (Ashley) 1700-1800	Body Tone (Adele) 1715-1815	Zumba (Michelle) 1800-1900	
	Zumba STEP (Michelle) 1815-1900	Soul Line Dancing (Anna) 1800-1900			


INDOOR CYCLING CLASSES

<div><div><p>U.S. ARMY SPORTS • FITNESS • AQUATICS</p></div></div>			<div><div><p>Indoor Cycling (Julie) 0530-0630</p></div></div>	<div></div>
<div><div><p>Indoor Cycling (Adele) 1715-1815</p></div></div>	<div><div><p>Indoor Cycling (Paul) 1715-1815</p></div></div>	<div><div><p>HIP-HOP Indoor Cycling (Adele) 1715-1815</p></div></div>	<div><div><p>Indoor Cycling (Paul) 1715-1815</p></div></div>	
<div><p>Unit PT SPIN with Paul \$50.00</p></div>				

**All class drop-ins are \$5 except H2O HIIT which are \$10 or 2 punches on your card.
Group Fitness Punch Cards are 10 for \$40 or 20 for \$80. All sales are final.**

CLASS DESCRIPTIONS

Body tone: Full body resistance training for all age groups and abilities. You'll perform exercises using mats, dumbbells, and bodyweight to tone your body from head to toe! An awesome playlist will help you forget how hard you are working.

 Foundational Yoga: Yoga 101 - focusing on core postures, breath work and mindfulness to develop strength, flexibility and balance. Perfect for all levels.

High Fitness: is an intense yet fun fitness class that incorporates aerobic interval training with music and easy choreography. High Fitness produce high caloric burn and full-body toning. High fitness has brought aerobics back in a hip and unique way, and the world is taking notice.

☐  Restore Yoga: Time to slow it down. Focused on expanding the spirit and the body with a focus on floor work. Leave refreshed, empowered and limber.

SPIN/HIP-HOP SPIN: This short super high intensity class is for all levels. Blast away calories with high energy spinning drills, interval training, and strength rides. Great cardiovascular workout simulating a variety of hill climbs, flat roads, and sprints to upbeat tunes. This class is for all fitness levels Bring towel and water bottle.

Soul Line Dancing class: Dancing is Therapy for the mind, body, & soul! **A fun way to stay fit and healthy** SOUL Line dancing offers something for everyone. Come learn the latest beginner choreographed dances to great rhythm and blues music while enjoying many other health benefits (reduce stress, increase stamina, and improve posture, balance, and coordination).

Swim & Strength: This workout combines swim stroke development with water fitness cardio and strength intervals. All level. No/low impact. You set your pace & intensity. **The ability to put your face in the water *is required for this class*** No swimming experience necessary.

 Yoga Burn: a fired up fusion of postures to heat up and energize the body, then moving to weighted calisthenics for full body toning and fat burn.

Zumba®: fuses INTERNATIONAL rhythms and moves to create Exercise in Disguise utilizing the naturally occurring intervals of the music. All levels are welcome! Please try ALL instructors. They all have a distinct style and will give you wonderful variety in your workout as well as our Zumba playlist!

Zumba® Step: Combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Benefits. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your arms and legs.

Zumba GOLD®: Zumba Gold is perfect for Young Adults and Active Older Adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

FITNESS COORDINATOR: 301-677-2349/3716 NO CLASSES ON FEDERAL