



Fitness Zone Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am Pilates			7:30 am Pilates		
	8:30 am Cardio Kick	8:30 am Core & More	8:30 am Spinning		8:00 am Yoga
9:30 am Spinning			9:30 am	9:30 am Cardio Sculpting	9:00 am Zumba
	4:15 pm Spinning	4:15 pm Spinning			
5:30 pm Zumba	5:30 pm Step	5:30 pm Step	5:30 pm Yoga	5:30 pm Zumba	
	6:45 Cardio Kick		6:30 pm Zumba		

Class Descriptions:

Step: Intermediate class that incorporates various patterns and combinations using a step bench.

Spinning: A stationary bike to simulate a cycling program.

Pilates: Improves core strength, increases mind and body awareness, reduces stress, and improves flexibility.

Zumba: High energy fat burning class that includes Latin steps fused with other international movements.

Yoga: Series of stretches, postures, and breathing exercises

Core & More: Designed to target all core muscle groups

Cardio Kick: Kickboxing

Hours: Monday - Thursday 5am - 8:30pm / Friday: 5am - 8pm / Saturday: 8am - 3pm / Sunday: 1:30pm - 5pm

www.fitnesszonelugoff.com

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