

FSAC FITNESS CLASS SCHEDULE



Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00 am-7:00am		Zumba/Toning		Zumba/Toning
8:30am-9:15am	Yoga		Yoga	
8:30am-9:15am		Zumba		Zumba
12:00pm-1:00pm	Body Sculpting		Body Sculpting	
4:30pm-5:15pm		Hip Hop		Hip Hop
5:15pm-6:00pm		Toning		Toning
5:15pm-6:00pm	Turbo Kick		Turbo Kick	
6:00pm-6:15pm	Pilates Ab Blast		Pilates Ab Blast	
7:00pm-8:00pm	Yoga		Yoga	

Zumba: High energy class combines Latin music with simple dance steps. A class so fun you'll forget you're working out!

Yoga: Learn correct postures, breathing, and relaxation techniques to enhance balance, stability, and flexibility.

Body Sculpting: For all levels! Combines weight training with music for a total body workout.

TurboKick: A high intensity cardiovascular workout that combines kickboxing and martial arts.

Hip Hop: 30 minute workout perfect for all levels. Hip Hop moves and street-style grooves!

Toning: Muscle strengthening resistance exercises for all levels.

Pilates Ab Blast: Integrates core strengthening and alignment principles of Pilates for a great 30 minute workout!