

Programs of the Week Schedule

Participate in the “Programs of the Week” and receive an additional bonus point per 30 minutes of participation! See your team leader or a Wellness Consultant with questions. Specialty classes require registration and an additional fee.

Starts October 5th!

Fall Into Fitness!

Ends November 15th

Week	Program
October 5-11	Wellness Center Includes individual/group appointment or workout session in the wellness center
October 12-18	Water Exercise Includes: Water aerobics classes, swimming, water jogging/walking
October 19-25	Cardiovascular-Based Group Fitness Classes Includes: Cycling, Cardio Fusion, Cardio Kick, Hi/Low Aerobics, Step Aerobics, Switch it Up, Zumba, Stroll & Strength, Rise and Shine , Boot Camp
October 26- November 1	Strength-Based Group Fitness Classes Includes: BodyPUMP, HABIT, Silver Sneakers Muscular Strength & ROM, Stroll & Strength, Total Body Minute by Minute, Totals Body Conditioning, Pilates, Yoga, Core Essentials, Rise and Shine Strength
November 2-8	Exercise with a different team. Have your team plan a workout with a different team. Take a class or use the Wellness Center. You must wear your team shirts!
November 9-15	ALL GROUP FITNESS CLASSES!! 😊

