

Crestview's Fitness Schedule

September - December 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am-9am						Weekend Yoga
10am-11am	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Friday Yoga	
12-1pm	Noon Yoga		Noon Yoga			
5:30-6:30pm		Easy Does It Yoga		Easy Does It Yoga		
6-7pm	Toning	Step Aerobics/ Kickboxing	Toning	Step Aerobics/ Kickboxing		
7-8pm	Zumba		Zumba			

Weekend Yoga: Yoga for the person who is too busy during the week to participate in an evening class. Mimi will provide instruction in easing joint pain, arthritis, and other techniques. **Instructor: Mimi**

Gentle Yoga: Join us for a relaxing start to your weekday morning. Mimi will take you through a yoga routine that will increase your energy and put a smile on your face. **Instructor: Mimi and Judy**

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Friday Yoga: End the week on a good note with a wonderful morning routine. **Instructor: Kathy**

Lunchtime Yoga: Spend your lunch break doing something positive and feel better the remainder of the afternoon. **Instructor: Georgia**

Easy Does It Yoga: This class is designed for new students to yoga, but once you register, you'll be hooked and back session after session. This exercise will help ease joint pain, and improve arthritis, breathing and circulation. This class will also make you more alert and aware.

Instructor: Mimi and Judy

Toning: This class is designed to tone your upper body, abs, hips, and thighs. This challenging class will really help you boost fitness goals. **Instructor: Nicole**

Step Aerobics/Kickboxing: This class will be a great way to get fit and have fun. The class format will feature a warm-up, workout, cool-down, mats and weights and periodic handouts on nutrition. **Instructor: Nicole**

Zumba: Join us for a Latin dance inspired fitness class that is not only a great way to exercise, but it is fun! The best part is that no dance experience is needed!