### BABCOCK RANCH

#### GROUP FITNESS SCHEDULE

**Effective October 28th**

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
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<tbody>
<tr>
<td>9:00am Gentle Yoga with Guided Meditation Alicia</td>
<td>8:30am Core n More* Donni</td>
<td>9:00am Gentle Yoga Emily</td>
<td>8:30am Core n More* Donni</td>
<td>9:00am Gentle Yoga with Guided Meditation Alicia</td>
<td>10:00am Yoga Lisa</td>
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<tr>
<td>10:00am Pound/PiYo Veronica</td>
<td>9:00am Total Body Workout Donni</td>
<td>10:00am Pound/PiYo Veronica</td>
<td>9:00am Total Body Workout Donni</td>
<td>10:00am Total Body Workout Donni</td>
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<tr>
<td>11:00am Aqua Aerobics Veronica</td>
<td>10:00am Aqua Yoga** (Pool) Emily</td>
<td>11:00am Aqua Zumba Veronica</td>
<td>10:00am Aqua FIT** (Pool) Emily</td>
<td>11:00am Aqua Aerobics Emily</td>
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<tr>
<td>5:30pm TeamBeats Marc</td>
<td>5:30pm Cycle Michelle</td>
<td>5:30pm Yoga Dance Party Lisa</td>
<td>5:30pm TeamBeats Marc</td>
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<td>6:30pm Yoga Lisa</td>
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*30 Minute Class  
**45 Minute Class

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**Healthy Life Center Babcock Ranch**

42880 Crescent Loop  
Babcock Ranch, FL 33982  
239-343-3540  
www.leehealth.org/wellness

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**Healthy Life Center Babcock Ranch Hours**

- Monday—Thursday  
  5am-8pm  
- Friday  
  5am-7pm  
- Saturday & Sunday  
  7am-3pm
GROUP FITNESS CLASS DESCRIPTIONS

Aqua Aerobics  Cardio and strength training using water weights and pool noodles. All levels invited for fun in the pool. (weather permitting)

Aqua Zumba  This is a pool party you don’t want to miss! Combining the Zumba philosophy with the water’s resistance to dance the class away. Classes are held in shallow water (chest deep) for a great low impact but challenging workout. (weather permitting)

Aqua Fit  fun cross training workout in the pool  45min (weather permitting)

Aqua Yoga  Challenge your stability and deepen your flexibility by flowing through yoga poses 45min. (weather permitting)

Core n More  Strengthen your midsection with an ab and glute centered workout, a 30minute format that will give your body more power for daily activities

Cycle  A high intensity class driven by music that will keep your heart rate up, your legs and lungs burning and calories melting away!

Dance Party  Get up and dance in this high energy workout that will make you sweat

Pound/Piyo  Pound out your stress with a fun calorie-burning dance fitness party incorporating drumsticks while mixing in muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga, Piyo.

TeamBeats  This workout combines variety, efficiency and fun designed to improve fitness and maximize performance. The class utilizes a heart rate monitoring platform to achieve the best results. Space is limited, sign up at the front desk.

T Gentle Yoga  Designed for adults of any age who prefer a slower paced or more relaxed practice to help strengthen your core and increase balance. Suitable for all levels. Classes with Guided Meditation will gently ease you into a state of blissful, deep relaxation.

Healthy Life Center – Babcock Ranch
www.leehealth.org/wellness