

BABCOCK RANCH GROUP FITNESS SCHEDULE

Effective August 12th

MONDAY

9:00am
Gentle Yoga with
Guided Meditation
Alicia

10:00am
Pound/PiYo
Veronica

11:00am
Aqua Aerobics
Veronica

5:30pm
Cycle
Michelle

TUESDAY

5:45am
TeamBeats **
Emily

8:30am
Core n More*
Donni

9:00am
Total Body Workout
Donni

10:00am
Aqua Yoga** (Pool)
Emily

5:30pm
TeamBeats
Marc

WEDNESDAY

9:00am
Gentle Yoga
Emily

10:00am
Pound/PiYo
Veronica

11:00am
Aqua Zumba
Veronica

5:30pm
Total Body Workout
Michelle

THURSDAY

5:45am
TeamBeats **
Emily

8:30am
Core n More*
Donni

9:00am
Total Body Workout
Donni

10:00am
Aqua FIT** (Pool)
Emily

5:30pm
Cycle
Michelle

6:30pm
TeamBeats
Marc

FRIDAY

9:00am
Gentle Yoga with
Guided Meditation
Alicia

SATURDAY

10:00am
TeamBeats
Ciara

*30 Minute Class
**45 Minute Class

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



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!*

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.*

Total Body Workout *Cardiovascular intervals, layered in with muscular strength and endurance exercises utilizing all of the major muscle groups. Each class will offer a variety of exercise modifications to suit all levels.*

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.*