# 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

**Tuesday**
- 5:45am | TeamBeats **  
  Emily
- 8:30am | Core n More*  
  Donni
- 9:00am | Total Body Workout  
  Donni
- 10:00am | Aqua Yoga** (Pool)  
  Emily

**Wednesday**
- 9:00am | Gentle Yoga  
  Emily
- 10:00am | Pound/PiYo  
  Veronica
- 11:00am | Total Body Workout  
  Donni
- 5:30pm | Cycle  
  Michelle

**Thursday**
- 5:45am | TeamBeats **  
  Emily
- 8:30am | Core n More*  
  Donni
- 9:00am | Total Body Workout  
  Donni
- 10:00am | Aqua FIT** (Pool)  
  Emily

**Friday**
- 9:00am | Gentle Yoga with Guided Meditation  
  Alicia
- 10:00am | TeamBeats  
  Ciara

**Saturday**
- 10:00am | TeamBeats  
  Ciara

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**Healthy Life Center Babcock Ranch Hours**
- **Monday—Thursday**  
  5am-8pm
- **Friday**  
  5am-7pm
- **Saturday & Sunday**  
  7am-3pm

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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.*