# Group Fitness Schedule

**Monday**
- **7:30am**
  - TeamBeats
  - Emily
- **9:00am**
  - Gentle Yoga with Guided Meditation
  - Alicia
- **10:00am**
  - Pound/PiYo
  - Veronica
- **11:00am**
  - Aqua Aerobics
  - Veronica
- **5:30pm**
  - Cycle
  - Michelle

**Tuesday**
- **8:00am**
  - Cycle *
  - Donny
- **8:30am**
  - Gentle Yoga
  - Emily
- **9:15am**
  - Boga Yoga* (Pool)
  - Emily

**Wednesday**
- **7:30am**
  - TeamBeats
  - Emily
- **9:00am**
  - Gentle Yoga with Guided Meditation
  - Alicia
- **10:00am**
  - Pound/PiYo
  - Veronica
- **11:00am**
  - Aqua Zumba
  - Veronica
- **5:30pm**
  - Total Body
  - Michelle

**Thursday**
- **8:00am**
  - Cycle *
  - Donny
- **8:30am**
  - Gentle Yoga
  - Emily
- **9:15am**
  - Boga Boot Camp *
  - Emily

**Friday**
- **9:00am**
  - Gentle Yoga with Guided Meditation
  - Alicia
- **10:00am**
  - TeamBeats
  - Ciara
- **6:30pm**
  - TeamBeats
  - Marc

**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
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)

Boga Bootcamp  Build strength and improve balance with an ultimate 30 minute water workout using the Boga Board. Space is limited, sign up at the front desk. (weather permitting)

Boga Yoga  Challenge your stability and deepen your flexibility by flowing through yoga poses on the Boga Board. Space is limited, sign up at the front desk. (weather permitting)

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

Cycle/Strength  Get your cardio on with a powerful 30 minute cycle class. Then, stick around for 30 minutes of upper and lower body strength training.

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.