

GROUP FITNESS SCHEDULE

MONDAY
5:30am
HIIT *Team*

8:00am
Yoga *Nicole*

9:00am
Fit Strength *Lindy*

10:00am
Fit Body *Lindy*

TUESDAY
9:00am
Yoga *Kiersten*

10:00am
Chair Yoga *Kiersten*
Balance, Strength & Stretching

11:30am
MS Yoga *Christine*
**specialty*

12:30pm
Sit & Be Fit *Lana*

4:30pm
Tai-Chi *Lana*
(no class 8/13-22)

5:30pm
Yoga *Lana*

WEDNESDAY
5:30am
HIIT *Team*

9:00am
Fit Strength *Lindy*

10:00am
Fit Body *Lindy*

THURSDAY
9:00am
Yoga *Nicole*

10:00am
Chair Yoga *Nicole*
Balance, Strength & Stretching

11:30am
MS Yoga *Christine*
**specialty*

12:30pm
Sit & Be Fit *Lana*

4:30pm
Tai-Chi *Lana*
(no class 8/13-22)

FRIDAY
5:30am
HIIT *Team*

9:00am
Fit Strength *Lindy*

10:00am
Fit Body *Lindy*

SATURDAY
9:00am
Fit Core & Stretch *Lana*

Healthy Life Center – City Center
3114 Cleveland Avenue
Fort Myers, FL 33901
239-343-4980
www.leehealth.org/wellness



GROUP FITNESS CLASS DESCRIPTIONS

Fit Body *Sit or stand using weights, bands and body weight to strengthen muscles and improve balance. Chairs will be utilized for support*

Fit Core & Stretch *Discover balance and movement challenges for your core! Upper and lower body exercises modifications are provided that take into account considerations applicable to seniors and participants of all levels.*

Fit Strength *This standing and floor format class with help you rediscover your body's design and function. Every system of your body will be energized by motion using free weights, weighted balls, step platforms, resistance bands and more!*

HIIT *Mixing strength training, resistance, cardio, and core training exercises with series of aerobic activity and brief rest intervals, this class will keep your heart rate up to encourage faster fitness results. The fast-paced program can be modified to fit your fitness level!*

MS Yoga *Gentle yoga for multiple sclerosis society only. Registration is required*

Sit & Be Fit *This class is designed to be an invigorating and fun workout to strengthen and stretch the body from head to toe*

Tai-Chi *is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.*

Yoga Slow / Gentle Yoga *is designed for adults of any age who prefer a slower paced or more relaxed practice.*