GROUP FITNESS SCHEDULE

**Monday**
- 5:30am: HIIT Que
- 8:00am: Yoga Nicole
- 9:00am: Fit Strength Lindy
- 10:00am: Fit Body Lindy

**Tuesday**
- 5:30am: Cycle Circuit Que
- 9:00am: Yoga Kiersten
- 10:00am: Chair Yoga Kiersten Balance, Strength & Stretching

**Wednesday**
- 5:30am: HIIT Que
- 9:00am: Fit Strength Lindy
- 10:00am: Fit Body Lindy
- 11:30am: MS Yoga Christine *specialty
- 12:30pm: Sit & Be Fit Lana
- 4:30pm: Tai-Chi Lana
- 5:30pm: Yoga Lana

**Thursday**
- 5:30am: Cycle Que
- 10:00am: Chair Yoga Nicole Balance, Strength & Stretching

**Friday**
- 5:30am: HIIT Que
- 9:00am: Fit Strength Lindy
- 10:00am: Fit Body Lindy

**Saturday**
- 9:00am: Fit Core & Stretch Lana

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

Healthy Life Center City Center Hours
Monday—Thursday
5:15am-7pm
Friday
5:15am-6pm
Saturday
7am-1pm
GROUP FITNESS CLASS DESCRIPTIONS

Cycle Instructors will lead you through a high intensity class driven by music that will keep your heart rate up, your legs and lungs burning and calories just melting away!

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 Hiit a self paced High Intensity Interval Training class incorporating agility drills, cardio, movement patterns and an emphasis on core strength. 30 minutes of fun challenges and a good workout.

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.