Group Exercise Class Schedule

**Monday:**

8:30am Meditative Gentle Yoga - *Krystal*
A slower paced yoga class with an emphasis on seated postures, breath and mindfulness to develop stability, mobility, and flexibility. *Suitable for all levels*

5:30pm Total Body Workout - *Michelle*
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.

**Wednesday:**

8:30am Meditative Gentle Yoga - *Krystal*
A slower paced yoga class with an emphasis on seated postures, breath and mindfulness to develop stability, mobility, and flexibility. *Suitable for all levels*

5:30pm Total Body Workout - *Michelle*
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.

**Thursday:**

5:30pm Cycle - *Michelle*
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!

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