GROUP FITNESS SCHEDULE

**MONDAY**
- **5:30am** HIIT Rubby
- **8:00am** Yoga Nicole
- **9:00am** Fit Strength Lindy
- **10:00am** Fit Body Lindy
- **12:30pm** Tai-Chi Lana
- **5:30pm** Yoga Lana

**TUESDAY**
- **9:00am** Yoga Kiersten
- **10:00am** Chair Yoga Kiersten
- **11:30am** MS Yoga Lana *specialty
- **12:30pm** Sit & Be Fit Lana

**WEDNESDAY**
- **5:30am** HIIT Rubby
- **9:00am** Fit Strength Lindy
- **10:00am** Fit Body Lindy
- **11:30am** MS Yoga Lana *specialty
- **12:30pm** Tai-Chi Lana

**THURSDAY**
- **9:00am** Yoga Nicole
- **10:00am** Chair Yoga Nicole
- **11:30am** MS Yoga Lana *specialty
- **12:30pm** Sit & Be Fit Lana
- **4:30pm** Tai-Chi Lana

**FRIDAY**
- **5:30am** HIIT Rubby
- **9:00am** Fit Strength Lindy
- **10:00am** Fit Body Lindy
- **11:30am** MS Yoga Lana *specialty
- **12:30pm** Tai-Chi Lana

**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 will 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.

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