### BABCOCK RANCH GROUP FITNESS SCHEDULE

**Effective February 1st**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:00am</strong> Gentle Yoga with Guided Meditation <strong>Alicia</strong></td>
<td><strong>8:30am</strong> Core n More* <strong>Donni</strong></td>
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<td><strong>9:00am</strong> Gentle Yoga with Guided Meditation <strong>Alicia</strong></td>
<td><strong>9:00am</strong> Pilates <strong>Sophia</strong></td>
<td><strong>10:00am</strong> Functional Flow <strong>Marc</strong></td>
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<td><strong>10:00am</strong> Pound/PiYo <strong>Veronica</strong></td>
<td><strong>9:00am</strong> Total Body Workout <strong>Donni</strong></td>
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<td><strong>10:00am</strong> Mat Pilates <strong>Sophia</strong></td>
<td><strong>10:00am</strong> Aqua Aerobics <strong>Veronica</strong></td>
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<td><strong>11:00am</strong> Aqua Aerobics <strong>Veronica</strong></td>
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<td><strong>11:00am</strong> Aqua Zumba <strong>Veronica</strong></td>
<td><strong>10:00am</strong> Mat Pilates <strong>Sophia</strong></td>
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<td><strong>10:00am</strong> Aqua Aerobics <strong>Veronica</strong></td>
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<td><strong>5:30pm</strong> Cycle <strong>Michelle</strong></td>
<td><strong>5:30pm</strong> TeamBeats <strong>Marc</strong></td>
<td><strong>5:30pm</strong> Total Body Workout <strong>Veronica</strong></td>
<td><strong>5:30pm</strong> Cycle <strong>Michelle</strong></td>
<td><strong>5:30pm</strong> TeamBeats <strong>Marc</strong></td>
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<td><strong>6:30pm</strong> Yoga <strong>Lisa</strong></td>
<td><strong>6:30pm</strong> Functional Flow <strong>Marc</strong></td>
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<td><strong>6:30pm</strong> TeamBeats <strong>Marc</strong></td>
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**Healthy Life Center Babcock Ranch Hours**
- **Monday—Thursday** 5am-8pm
- **Friday** 5am-7pm
- **Saturday & Sunday** 7am-3pm

**Healthy Life Center – Babcock Ranch**
42880 Crescent Loop
Babcock Ranch, FL 33982
239-343-3540
[www.leehealth.org/wellness](http://www.leehealth.org/wellness)
GROUP FITNESS CLASS DESCRIPTIONS

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)

Core n More  Strengthen your midsection with an ab and glute centered workout, a 30 minute format that will give your body more power for daily activities

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

Mat Pilates  Focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows participants to choose a beginning, intermediate or advanced pace.

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.

Functional Flow  is a class that utilizes sport stretching, both static and active, taking flexibility concepts from sports, mixing them with a nice flow similar to a flow yoga and centering the mind with relaxation as we wind the class down. Improves flexibility and aids in recovery.

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.

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.

Healthy Life Center – Babcock Ranch
www.leehealth.org/wellness