


# GROUP EXERCISE

## DECEMBER 2020

**RESERVE YOUR SPOT.** Class size is limited! Call **256-427-7082** or stop by the Fitness desk to reserve your spot. *Reservations can be made within 2 days of class.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						 <b>STRENGTH &amp; CONDITIONING</b> Zakiya Evans 8:30 – 9:30 am
Afternoon		<b>*NEW CLASS TIME</b>  <b>CORE CLASS</b> Tania Jessie 5:00 – 5:30 pm		<b>*NEW CLASS TIME</b>  <b>CORE CLASS</b> Tania Jessie 5:00 – 5:30 pm		
Evening	<b>*NEW CLASS TIME</b>  <b>STRENGTH &amp; CONDITIONING</b> Tania Jessie 5:00– 6:00 pm	 <b>YOGA</b> Kathleen Judah 5:30 – 6:30 pm	<b>*NEW CLASS TIME</b>  <b>STRENGTH &amp; CONDITIONING</b> Tania Jessie 5:00 – 6:00 pm			

### Notes

Covid precautions will be observed including spacing, disinfecting and minimizing of shared equipment.

Please bring your own mat for Core Class, Yoga and Strength & Conditioning classes.

For the month of December all Senior Fitness & Zumba Classes are cancelled, but classes are projected to come back 2021

**JLC will be closed Christmas Eve (Thursday 12/24) and Christmas Day (Friday 12/25). No class Saturday 12/26**



#### CORE CLASS

A powerful 30-minute class filled with exercises that strengthen abdominals, lower back, hips, and glutes to improve posture, strength, balance, and stability.



#### YOGA

Yoga postures are performed for flexibility, strength, endurance, and balance. Designed for all fitness levels and ages.



#### STRENGTH & CONDITIONING

Full body exercises designed in an interval training format to increase metabolism and heart rate, build strength, and burn body fat. Designed for all fitness levels and ages.