





# GROUP EXERCISE

## May 2022

**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> Helen Ford 8:30 – 9:30 am
Evening	 <b>STRENGTH &amp; CONDITIONING</b> Tania Jessie 5:00 – 6:00 pm	 <b>CORE CLASS</b> Tania Jessie 5:00 – 5:30 pm	 <b>STRENGTH &amp; CONDITIONING</b> Tania Jessie 5:00 – 6:00 pm	 <b>CORE CLASS</b> Tania Jessie 5:00 – 5:30 pm		
Evening		 <b>YOGA</b> Kathleen Judah 5:45 – 6:45 pm				

### Notes

Covid precautions will be observed including spacing, disinfecting and minimizing of shared equipment.  
**May 30<sup>th</sup>, 2022 JLC will be closed, and we will not have class.**



#### 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



#### 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