

Senior Fitness Class Schedule



Monday	CLASSIC 10:30 MaryHelen	CIRCUIT 11:30 MaryHelen
Wednesday	CLASSIC 10:30 Jennifer	BOOM MOVE 11:30 Jennifer
Friday	CLASSIC 10:30 Jennifer	YOGA 11:30 Jennifer

Class Descriptions:

Classic: Great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. This is the basic level class.

Circuit: Offers safe and effective non-impact aerobic activity plus upper body strength work with hand weights, bands, and balls. This class is MOSTLY standing.

Boom Move: A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. There are NO CHAIRS used in this class. Advanced.

Yoga: Find your zen and build a stronger and more mobile body. Chairs are available for anyone that isn't comfortable getting on the floor or needs balance assistance.

**Schedule is subject to change.

*Classes are first come, first served. Maximum capacity is 30.

FitMo Fitness + Training
501 Covil Avenue Unit 3
Wilmington, NC 28403

910-782-8848

www.fitmotraining.com

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Sunday				
Class Descriptions: Monday Classic: Great for total-body conditioning. The instructor guides you through exercises using resistance tools. This is an advanced class.				
Tuesday MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. There are no props used in this class. Advanced.				
Wednesday Yoga: Find your zen and build a stronger and more mobile body. Chairs are available for anyone that isn't				
Thursday				

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Saturday				

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