

# Senior Fitness Class Schedule



<b>Monday</b>	<b>CLASSIC 10:30</b>	<b>CIRCUIT 11:30</b>
<b>Wednesday</b>	<b>CLASSIC 10:30</b>	<b>BOOM MOVE 11:30</b>
<b>Friday</b>	<b>Stability &amp; Mobility 10:30</b>	

## 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.

**Stability & Mobility:** Exercises and movements in this class are all designed to improve balance, make you more stable overall, and improve mobility for ease of function of everyday tasks. Chairs are available for those that need them.

**\*\*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](http://www.fitmotraining.com)

# Senior Fitness Class Schedule



## 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.

**Stability & Mobility:** Exercises and movements in this class are all designed to improve balance, make you more stable overall, and improve mobility for ease of function of everyday tasks. Chairs are available for those that need them.

**\*\*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](http://www.fitmotraining.com)

# Senior Fitness Class Schedule



Sunday				
<a href="#">Class Descriptions:</a> <b>Monday</b> <b>Classic:</b> Great for total-body conditioning. The instructor guides you through exercises using resistance tools. This is an advanced level.				
<b>Tuesday</b>				
<b>Wednesday</b>	<b>MOVE</b> 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 weights used in this class. Advanced.			
	<b>Stability &amp; Mobility:</b> Exercises and movements in this class are all designed to improve balance, make you			
<b>Thursday</b>				

\*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](http://www.fitmotraining.com)

# Senior Fitness Class Schedule



Friday				
Saturday				

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.

Stability & Mobility: Exercises and movements in this class are all designed to improve balance, make you more stable overall, and improve mobility for ease of function of everyday tasks. Chairs are available for those that need them.

\*\*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](http://www.fitmotraining.com)