

# Garden Park Clubhouse Group Fitness Class Schedule April 2, 2018 – June 30, 2018

## **Monday 9:00 am Crazy Cardio with Jamie**

This class is a low impact aerobic workout designed to work the majority of the large muscle groups, while still keeping the heart rate stay elevated throughout the entire hour.

## **Tuesday 9:00 am Yoga with Jeni**

This class will help you build flexibility, coordination, balance, strength of mind, body and spirit. There are plenty of modifications for beginners and hard work for the more experienced.

## **Wednesday 9:00 am High Fitness with Jamie**

Choreographed interval training is a fun fitness class that incorporates interval training with music you love and intense easy-to-follow fitness choreography.

## **Thursday 9:00 am Yoga with Jeni**

This class will help you build flexibility, coordination, balance, strength of mind, body and spirit. There are plenty of modifications for beginners and hard work for the more experienced.

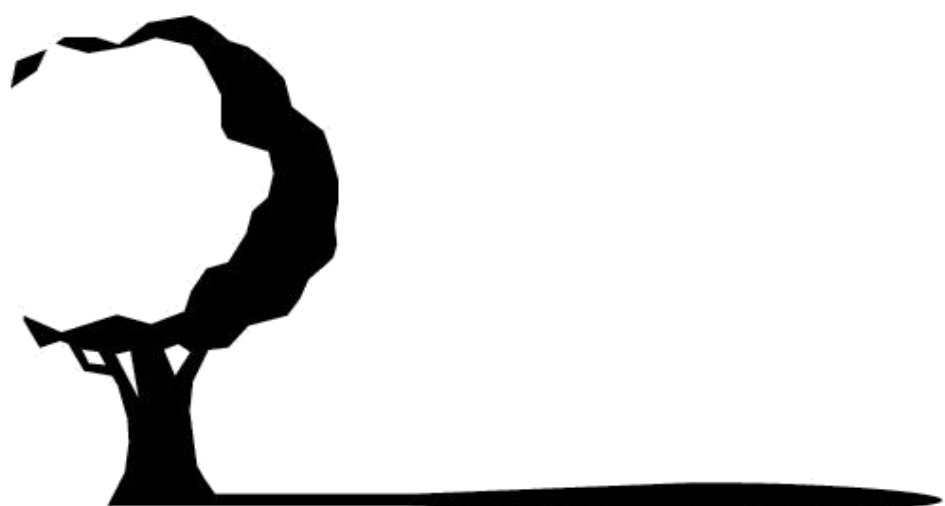
### **Upcoming Holidays**

5/28/18 Memorial Day — No Classes

### **Garden Park Resident Group Fitness Pass Prices:**

Single Class - \$2  
30-Day Class Pass - \$25  
30-Day Monthly EFT - \$20

**Passes may be purchased  
at the DCC.**



D A Y B R E A K®

