

Garden Park Clubhouse

Group Fitness Class Schedule

January 1, 2018 – March 31, 2018

Monday 9:00 am **Crazy Cardio with Sherrie**

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 **Strength with Jamie**

Strength is a light to medium resistance training class with dumbbells and weights. The class focuses on balance through the use of a chair and/or a balance ball. The class is perfect for all levels over 55 years of age.

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.

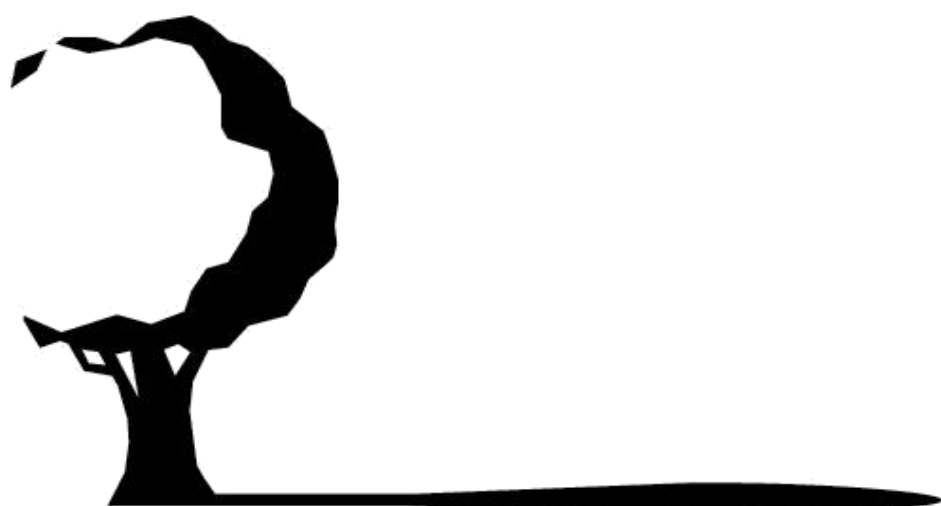
Upcoming Holidays

1/1/18 New Year's 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.



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