

WEEKLY TEAM WORKOUTS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a Burn	5:30a Build	9:00a Base	5:30a Burn	9:00a Build	
	10:30a Silver & Strong*		10:30a Silver & Strong*	10:00a Stretch & Core*	
6:00p Burn	4:15p Build	6:00p Base	4:15p Burn		

*45 minutes (all other classes 60 minutes)

SPECIAL EVENTS

- 11/3 Daylight Savings Ends
- 11/5 Election Day
- 11/11 Veterans Day
- 11/28 Thanksgiving Day

TEAM WORKOUTS DESCRIPTIONS

- Base** – Foundational movement with a focus on your core and stability. *Instructor: Maria*
 - Burn** – Fun, high-energy class focusing on calorie burn and cardio health. *Instructor: Maria/Erin/Heather*
 - Build** – Burn calories while building muscle in a fun, energetic environment. *Instructor: Maria/Erin*
 - Silver & Strong** – A free class available to SilverSneakers members. Focuses on balance, agility, strength, and mobility. Non-Silver Sneakers members for \$5. *Instructor: Briana*
 - Stretch & Core** – Self myofascial release, abs and stretching. *Instructor: Briana*
- *Please note: You must be capable of getting up and down from floor.