

# Bonsor Fitness Schedule Winter 2019

Effective Dates: January 7-March 31, 2019

Schedules are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
55+ Heart Beats 7-8:30am ● Gym 3	55+ Heart Beats 7-8:30am ● Gym 3	Boot Camp 6:15-7:15am ▲ Fitness/Dance Studio	55+ Heart Beats 7-8:30am ● Gym 3	Boot Camp 6:15-7:15am ▲ Fitness/Dance Studio	Zumba® 8-9am ●/■ Fitness/Dance Studio	Body Conditioning 8-8:55am ●/■ Fitness/Dance Studio
Cardio Cross-training 9:10-10:20am ◆ Fitness/Dance Studio	55+ Low Impact I 9:05-10:05am ● Fitness/Dance Studio	Cardio Cross-training 9:10-10:20am ◆ Fitness/Dance Studio	55+ Low Impact I 9-10am ● Fitness/Dance Studio	55+ Heart Beats 7-8:20am ● Gym 3	Cardio Cross-training 9:15-10:30am ◆ Fitness/Dance Studio	Zumba® 9-10am ●/■ Fitness/Dance Studio
Workout 10:35-11:35am ■ Fitness/Dance Studio	Athletic Intervals 9:15-10:30am ▲ Gym 3	Workout 10:35-11:35am ■ Fitness/Dance Studio	Zumba® Gold 9-9:55am ● 10:05-11am ● Banquet Hall	TGIF 9:10-10:20am ◆ Fitness/Dance Studio	Strong by Zumba® 4-5pm ▲ Fitness/Dance Studio	Power Workout 10:15-11:15am ▲ Fitness/Dance Studio
Zumba® 12:05-1:05pm ●/■ Fitness/Dance Studio	55+ Low Impact II 10:15-11:15am ● Fitness/Dance Studio	Zumba® with Bursts 12:05-1:05pm ●/■ Fitness/Dance Studio	Cardio Sculpt 9:30-10:45am ▲ Gym 3	Friday Mix 10:35-11:35am ■ Fitness/Dance Studio		
Zumba® with Bursts 5-6pm ●/■ Banquet Hall	Zumba® Toning 12:05-1:05pm ●/■ Fitness/Dance Studio	55+ Functional Body Conditioning 1:30-2:30pm ● Fitness/Dance Studio	55+ Low Impact II 10:15-11:15am ● Fitness/Dance Studio	Zumba® 12:05-1:05pm ●/■ Fitness/Dance Studio		Step Fit 6:30-7:45pm ▲ Fitness/Dance Studio
	Power Workout 5-5:55pm ▲ Fitness/Dance Studio	Zumba® Toning 4:05-5:05pm ●/■ Fitness/Dance Studio	Zumba® Toning 12:05-1:05pm ●/■ Fitness/Dance Studio	55+ Functional Body Conditioning 1:30-2:30pm ● Fitness/Dance Studio	Zumba® Simple dance steps move you to the music of Latin rhythms while burning calories in this high energy class. Due to increased demand, a limited number of spaces are sold for all Zumba® classes. Patrons may purchase their Zumba® wristband one hour prior to the scheduled start time. Patrons must wear their Zumba wristband during the entire Zumba® class.	
Power Workout 5:15-6:15pm ▲ Fitness/Dance Studio	Gentle Fit 6-6:55pm ● Fitness/Dance Studio	Zumba® 5:15-6:15pm ● Fitness/Dance Studio	Step & Sculpt 5-5:55pm ▲ Fitness/Dance Studio	Zumba® 4:05-5:05pm ●/■ Fitness/Dance Studio		
Abs, Back & Stretch 6:30-7:30pm ● Fitness/Dance Studio	Step Fit 7-8pm ▲ Fitness/Dance Studio	Strong by Zumba® 6:30-7:30pm ▲ Fitness/Dance Studio	Abs, Back & Stretch 5:30-6:25pm ● Banquet Hall (all levels)	Zumba® 5:15-6:15pm ●/■ Fitness/Dance Studio	Intensity levels: ● Mild / All levels ▲ Moderate-Intense	■ Moderate ◆ Intense
	Zumba® 8:05-9:05pm ●/■ Fitness/Dance Studio		Gentle Fit 6-6:55pm ● Fitness/Dance Studio	Step Fit 6:30-7:30pm ▲ Fitness/Dance Studio		
			HIIT 7-8pm ▲ Fitness/Dance Studio			