

Group Fitness Class Schedule

Effective Wednesday, February 1. All classes are held at Desert Vista and are subject to change. See online schedule for updates.

- Please check with your physician before starting an exercise program.
- Class space is limited due to safety reasons.
- **Please pick up a numbered card from the fitness monitor no more than 30 minutes prior to class. Resident must be present. No cards will be held.**
- Classes are 50 minutes. Classes are closed 3 minutes after it begins.
- Participants must wear appropriate workout clothing and athletic shoes.
- Please bring water and a towel to class for your health, safety, and comfort.
- *** Priority is given to participants of limited physical abilities and those who require a chair for a majority of their activities. Residents who attend Cardio Core, Body Sculpting and other fitness classes will be able to sign up on a waiting list in order to attend the Sit & Be Fit class if there is space available.**

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Cardio Core <i>Doris DV</i>		Cardio Core <i>Doris DV</i>		
10:00 AM	Sit & Be Fit* <i>Doris DV</i>	Sit & Be Fit* <i>Kristie DV</i>	Sit & Be Fit* <i>Doris DV</i>	Sit & Be Fit* <i>Kristie DV</i>	Sit & Be Fit* <i>Doris DV</i>
11:00 AM	Body Sculpting <i>Doris DV</i>	Body Sculpting <i>Kristie DV</i>	Body Sculpting <i>Doris DV</i>	Body Sculpting <i>Kristie DV</i>	Body Sculpting <i>Doris DV</i>

Body Sculpting: Use dumbbells, bands, tubing, body bars, gliding discs and balls to tone, shape and strengthen the muscles of your upper and lower body. All fitness levels welcome.

Cardio Core: Get your heart pumping with 30 minutes of FUN, low-impact floor aerobics and finish with a 20-minute intense core workout. Two great classes in one!

Sit & Be Fit*: Easy on the joints, this class is gentle yet effective. Join us to develop your muscular strength and flexibility as you move all your joints through an appropriate range of motion **while seated**.