NOVEMBER CLASS UPDATE

Cycle canceled: Thu Nov 5 (8 AM), Sat Nov 7 (8:30 AM), Mon Nov 9 (7:30 AM).

Thu Nov 5 at 10:30 AM: Classical Pilates/Barre/Mat with Mary F continues.

PENSACOLA PF FITNESS

November Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:30 am	**Cycle Class** w/ Babette	**Fitness Fusion** W/ Candy		**Cycle Class** W/ Babette 8:00 - 9:00 am	**Fitness Fusion** W/ Candy 8:00 - 9:00 am	11/7 **No Cycle**
8:35 - 9:35 am	**RIP** w/ Emily	**Yoga** w/ Alexandra	**Strength** w/ Daven		**Strength** w/ Daven 9:15 - 10:15am	11/14 **Cycle Class** W/ Babette 8:30-9:30 am
9:45 - 10:45 am	**Yoga** w/ Alexandra	**Cardio Dance** w/ Mary Frances 9:45 - 10:30 am	**Gentle Yoga** w/ Lynn	**Cardio Dance** w/ Mary Frances 9:45 - 10:30 am		11/21 **Cycle Class** W/ Babette 8:30-9:30 am
11:00 - 12:30	**Brunch Body Sculpt** w/ Mary Frances	**Classical Pilates/Barre /Mat** w/ Mary Frances 10:30-11:30 am	**Brunch Body Sculpt** w/ Mary Frances	**Classical Pilates/Barre/ Mat** w/ Mary Frances 10:30-11:30 am	**Brunch Body Sculpt** w/ Mary Frances	11/28 **Cycle Class** W/ Babette 8:30-9:30 am
4:00 - 5:00 pm		**Cycle Class** (cycle w/ weights) w/ Babette				
6:00 - 7:00 pm		**Women's Health & Fitness** w/ Nicole *Pre-registration required text(850)723-7497		**Women's Health & Fitness** w/ Nicole *Pre-registration required text(850)723-7497		

*silver sneakers certified instructor - Mary Frances Blackard

Gym Staffed Hours:

- 6:00 am - 10:00 pm Mon - Thur
- 6:00 am - 8:00 pm Fri - Sat
- 8:00 am - 2:00 pm Sun

Member door access 24/7

Kids zone Staffed Hours:

Monday - Friday:

- 8:00 am - 11:00 am & 4:00 pm - 7:00 pm
- Saturday: 8:30 am - 11:30 am

YOGA: During this powerful vinyasa flow class, you will breathe, focus, move, stretch, and balance. Yoga is a heat building practice that allows you to move with your breath while building strength and working on your core.

RIP: Using light to moderate weights with lots of repetition, RIP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through scientifically proven moves and techniques pumping out encouragement, motivation, and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Fitness Fusion: A low-impact class that incorporates cardio, resistance, and core work. It is perfect for all ages and fitness levels!

Cardio/Sculpt: This class is designed to meet the needs of those new to exercise, baby boomers, and higher functioning seniors! Chairs are available, if needed, for seated or standing support. One half hour of dance style low impact aerobics set to popular and motivating music. One half hour of resistance training using balls, weights, and elastic handled tubing to improve muscular strength, endurance, bone density and flexibility!

Body Sculpt: A "structure" class specifically designed to shape, contour, and define the muscles. Emphasis is on strength, endurance, and flexibility - not size! Body Sculpt is a great way to encourage bone density and create strength in the muscles vital to the support of the skeletal system.

Classical Pilates Barre: Workout class that combines ballet, weights, and Pilates for a low impact, fat-burning workout! Plan to do some free-standing lifting using light weights, some mat work, and plenty of barre work specific to the lower body.

Cardio Basics: An introductory class for anyone interested in an understanding of Aerobic activity and coordinated movements to benefit the brain as well as the body. Proper form, posture, technique, and terminology as well as choreography will be taught, making it easy to transition into more advanced classes seamlessly.

Conditioning/Strength/Relax: A conditioning class consisting of a blend of Sculpt, Pilates Core Basics, and end with Stretch/Relax.

*****CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CHECK OUR WEBSITE AND FACEBOOK PAGE*****