



Group Exercise Schedule

Ask us about our [memberships](#) and [punch cards](#) to take advantage of these classes!

Day	Time	Class	Instructor	Level	Description
Monday	9:00-10:00AM	Power Step	Megan	2	High energy class for maximum calorie burn.
	10:00-10:30AM	Power Core	Megan	2	It's all about the core! Abs, lower back and hip work.
	11:00-11:30AM	Boxercise	Casey	2	Boxing skills and drills that will keep you moving.
	4:15-5:15PM	Children's Ballet	Rebecca	2/3	Ballet skills and fundamentals. Ages 7-11 years old
	5:15-6:15PM	Children's Ballet	Rebecca	2/3	Ballet skills and fundamentals. Ages 11 & up.
Tuesday	10:00-10:50AM	Silver Sneakers	Valerie	1	Classic workout specifically designed for seniors.
	6:00-8:00PM	Kendo	Shaw	2	Traditional martial practice using the katana.
Wednesday	9:00-10:00AM	Power Step	Megan	2	High energy class for maximum calorie burn.
	10:00-10:30AM	Power Core	Megan	2	It's all about the core! Abs, lower back and hip work.
	11:30AM-12:30PM	Yoga	Ann	1	Posture, balance, flexibility and body control.
	1:00-2:00PM	Children's Ballet	Rebecca	2/3	Ballet skills and fundamentals. Ages 7-12 years old.
	2:00-3:00PM	Children's Ballet	Rebecca	3	Ballet skills and fundamentals. Ages 11 & up.
Thursday	9:00-10:00AM	Yoga	Ann	1	Posture, balance, flexibility and body control.
	10:00-10:50AM	Silver Sneakers	Valerie	1	Classic workout specifically designed for seniors.
	1:00-2:00PM	Children's Ballet	Rebecca	1	Ballet skills and fundamentals. Ages 4-8 years old.
	2:00-3:00PM	Children's Ballet	Rebecca	2	Ballet skills and fundamentals. Ages 7-12 years old.
	3:00-4:00PM	Children's Ballet	Rebecca	3	Ballet skills and fundamentals. Ages 11 & up.
	6:00-8:00PM	Kendo	Shaw	2	Traditional martial practice using the katana.
Friday	9:00-10:00AM	Boot Camp Step	Megan	1	Perfect fusion of step and boot camp. Soldier up!
	10:00-10:30AM	Power Core	Megan	2	It's all about the core! Abs, lower back and hip work.
	11:30AM-12:30PM	Yoga	Ann	1	Posture, balance, flexibility and body control.
	12:30-1:30PM	Children's Ballet	Rebecca	2	Ballet skills and fundamentals. Ages 7-12 years old.
	1:30-3:00PM	Children's Ballet	Rebecca	3	Ballet skills and fundamentals. Ages 11 & up.
Saturday	8:00-8:55AM	Teen/Adult Ballet	Rebecca	2	Full body elements from ballet, yoga and Pilates
	9:00-9:55AM	Children's Ballet	Rebecca	1	Ballet skills and fundamentals. Ages 4-8 years old.
	10:00-11:00AM	Zumba	Lisa	1	Fun dance moves to the rhythm of the music.
Sunday	3:00-4:00PM	PUSH Club*	Jason	1/2	Strength & conditioning designed for all abilities and ages.
	4:00-5:30PM	Wheelie Club*	Rotating	1	Games based class geared for children of all abilities.

**These classes follow a 6 weeks on, 2 weeks off schedule. Give us a call to find out the session dates.*

1 = Beginner, 2 = Intermediate, 3 = Advanced

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