

## 2017 Free Adult GYM 60 Classes

| Day       | Time                                   | Class Type                 | Location  | Instructor        |
|-----------|--|----------------------------|---|-------------------|
| Monday    | 5:00-5:45 AM                           | HIIT                       | Twin Spruce Weight Room<br><i>Enter door East alley</i> | Michelle Heitmann |
|           | 4:15-4:50 PM                           | Tabata                     | Westwood HS   | Irene Daly        |
|           | 5:30-6:30 PM<br><i>begins Sept. 11</i> | Yoga <i>*bring own mat</i> | Westwood HS   | Penny Tonn        |
| Tuesday   | 4:30-5:15 PM                           | HIIT                       | Pronghorn Gym   | Cora Didier       |
| Wednesday | 5:00-5:45 AM                           | HIIT                       | Twin Spruce Weight Room<br><i>Enter door East alley</i> | Michelle Heitmann |
|           | 4:15-4:50 PM                           | Tabata                     | Westwood HS   | Irene Daly        |
| Thursday  | 5:15-6:00 AM                           | Cycling                    | Westwood HS   | Irene Daly        |
|           | 4:30-5:30 PM                           | ZUMBA                      | Lakeview Elementary                                     | Sherri Allen      |
| Friday    | 5:00-5:45 AM                           | HIIT                       | Twin Spruce Weight Room<br><i>Enter door East alley</i> | Michelle Heitmann |

***Like us on Facebook, "GYM 60-Get Yourself Moving" for all class cancellations and changes!***

HIIT: high intensity interval training, utilizing strength training and cardio for optimal results

Tabata: high intensity interval training, without the high impact. Benefits include increase aerobic and anaerobic system, muscle strength and toning.

Cycling: high intensity, low impact workout on stationary bikes. Great for the cardiovascular system, weight loss and toning.

Zumba: fitness dance class. Great for cardiovascular system. Class is located in the commons.

Yoga: posture and breathing exercises designed to achieve body control.