

# CLASS SCHEDULE

Check our Facebook page for any updates/cancellations!

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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ZUMBA GOLD

9:00A - 10:00A

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9:00A - 10:00A

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9:00A - 10:00A

CIRCUIT TRAINING

6:15P-7:15P

KICKBOXING

5:30P - 6:30P

YOGA

5:15P - 6:15P

WOMEN'S WEIGHTLIFTING

5:00P-6:00P

SPIN

6:15P - 7:15P

HIIT DANCE FUSION

6:00P - 7:00P

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 @fitnessconnectiondexter

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## **Zumba Gold:**

Low impact class that modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting out.

## **Circuit Training:**

16 different exercises done in about 45 seconds, rest for 15, and then move onto the next. Typical exercises include step ups, jumping jacks, jumping back squats, lunges, kettlebell deadlifts, and jump rope.

## **Kickboxing:**

Full body workout that incorporates strength, cardio, and kickboxing training

## **Yoga:**

A great exercise for strengthening and defining your entire body, with provided modifications for all poses from beginner to advanced levels.

## **Spin:**

A great way to get in a vigorous workout by burning calories and keeping your muscles in shape by warm-ups, steady-tempo cadences, sprints, climbs, cool-downs, etc.

## **HIIT Dance Fusion:**

A workout designed to build endurance, speed, agility, cognitive function, and sustainability. You can expect to do squat/plank challenges, burpees, lunges, star jumps, running in place and jumping jacks along with basic dance steps like grapevine, salsa and hip hop.

## **Women's Weightlifting**

Taught by one of our certified personal trainers, this class is specifically designed to teach weightlifting for women beginners. We will focus on teaching you exactly how to lift weights with good technique and how to make regular progress to get excellent results from your gym sessions.