

# GLASSS SCHEDULE

Check our Facebook page for any updates/cancellations!

**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY**

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**ZUMBA GOLD**

9:00A - 10:00A

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9:00A - 10:00A

**ZUMBA GOLD**

9:00A - 10:00A

**CIRCUIT TRAINING**

6:15P-6:45P

**KICKBOXING**

5:30P - 6:30P

**YOGA**

5:15P - 6:15P

**YOGA**

6:45P-7:45P

**SPIN**

6:15P - 7:15P

**HIIT DANCE FUSION**

6:00P - 7:00P



@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 up-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.