

GLASS SCCHEDULE

Check our Facebook page for any updates/cancellations!

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

ZUMBA GOLD
9:00A - 10:00A

ZUMBA GOLD
9:00A - 10:00A

ZUMBA GOLD
9:00A - 10:00A

CIRCUIT TRAINING
6:00P - 6:45P

KICKBOXING
5:30P - 6:30P

YOGA
5:15P - 6:15P

YOGA
6:45P - 7:45P

HIIT DANCE FUSION
6:30P - 7:15P

SPIN
6:15P - 7:15P

HIIT DANCE FUSION
6:00P - 7:00P



@fitnessconnectiondexter



www.fcdexter.com



573.614.7900



515 West Market Street, Dexter, MO



info@fcdexter.com

SATURDAY

YOGA

9:00A - 10:00A



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.