



GILA REGIONAL

Billy Casper Wellness Center

Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
8:30 AM						
9:00 AM						
10:00 AM		Total Body Shape Up 10:00 am Evelyn		Total Body Shape Up 10:00 am Evelyn		
11:00 AM						
11:30 AM						
12:00 PM						
1:00 PM						
4:30 PM						
5:30 PM	Step & Sculpt 5:30 pm Evelyn	Zumba 5:30 pm Manny	Step & Sculpt 5:30 pm Evelyn	Zumba 5:30 pm Manny	Zumba + Mas 5:30 pm Evelyn	
6:30 PM						
7:00 PM						



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DESCRIPTIONS

Zumba – Zumba is a trade name for a dance fitness program created by dancer and choreographer Beto in Columbia during the 1990's. Zumba is a fusion of Latin and International music that creates a dynamic, exciting and effective fitness workout!

Total Body Shape Up- Focuses on differing levels of intensity to challenge and motivate participants, improving endurance, strength, flexibility, and core strength through aerobic and resistance activities.

Step and Sculpt – 10-minute warm-up. 30 – 35 minutes of step aerobics followed by compound exercises using hand weights or bands and ending with stretching.

Zumba + Mas - Kicking off with a vibrant Zumba session, moving to international beats while torching calories without even realizing it...Exercise in Disguise. Then transition to fun resistance routines using resistance bands, slides and light dumbbells for the perfect blend of cardio and strength designed to boost your mood, improve endurance and build lean muscle.



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