

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 10:00 Silver &amp; Fit</p> <p>1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>2 9:00 Pop Pilates 10:00 Silver &amp; Fit</p> <p>5:00 Yoga 6:00 PiYo</p>	<p>3 10:00 Silver &amp; Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Light &amp; Fit 6:00 ZUMBA</p>	<p>4 9:00 PiYo</p>	<p>5 9:00 Pop Pilates 10:00 PIIT28</p>
6	<p>7 10:00 Silver &amp; Fit</p> <p>5:15 Light &amp; Fit 6:00 Zumba</p>	<p>8 10:00 Silver &amp; Fit</p> <p>1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>9 9:00 Pop Pilates 10:00 Silver &amp; Fit</p> <p>5:00 Yoga 6:00 PiYo</p>	<p>10 10:00 Silver &amp; Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Light &amp; Fit 6:00 ZUMBA</p>	<p>11 9:00 PiYo</p>	<p>12 9:00 Pop Pilates 10:00 PIIT28</p>
13	<p>14 10:00 Silver &amp; Fit</p> <p>5:15 Light &amp; Fit 6:00 Zumba</p>	<p>15 10:00 Silver &amp; Fit</p> <p>1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>16 9:00 Pop Pilates 10:00 Silver &amp; Fit</p> <p>5:00 Yoga 6:00 PiYo</p>	<p>17 10:00 Silver &amp; Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>18 9:00 PiYo</p>	<p>19 9:00 Pop Pilates 10:00 PIIT28</p>
20	<p>21 10:00 Silver &amp; Fit</p> <p>6:00 Zumba</p>	<p>22 10:00 Silver &amp; Fit</p> <p>1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>23 9:00 Pop Pilates 10:00 Silver &amp; Fit</p> <p>5:00 Yoga 6:00 PiYo</p>	<p>24 10:00 Silver &amp; Fit 10:30 RockSteady 1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>25 9:00 PiYo</p>	<p>26 9:00 Pop Pilates 10:00 PIIT28</p>
27	<p>28 10:00 Silver &amp; Fit</p> <p>6:00 Zumba</p>	<p>29 10:00 Silver &amp; Fit</p> <p>1:00 Line Dancing 5:15 Pop Pilates 6:00 ZUMBA</p>	<p>30 9:00 Pop Pilates 10:00 Silver &amp; Fit</p> <p>5:00 Yoga 6:00 PiYo</p>	<p>31 10:00 Silver &amp; Fit 10:30 RockSteady 1:00 Line Dancing</p> <p>6:00 ZUMBA</p>		

# October Group Fit

**Silver & Fit** - Class instructed at a slow pace that follows along with our WellBeats system to provide an exercise routine to work all major muscle groups and promote overall wellness.

**Yoga** - Yoga for members who can comfortably transition from floor to upright position with no assistance.

**Zumba** - A latin inspired dance class that will work your entire body and burn major calories!

**Line Dancing** - a fun aerobic workout by performing you guessed it, signature dance moves to some great music!

**Light & Fit** - a beginner to moderate level fitness inspired class, that focuses on the individual in a single station with either dumbbells, resistance bands, or weighted barbells as you go through a slower paced workout emphasizing form and technique for all muscle groups.

**B-Fit** - A moderate fitness level class featuring stations that the class revolves around in a group setting. Each workout will target all major muscle groups, a variety of cardio intervals, allowing for some major calories to be burned.

**Pop Pilates** - combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is FUN and effective. Students will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit the needs of the students. They leave feeling sweaty, strong and ready for more!

**PIIT28** - Pilates Intense Interval Training; and it fuses the unmatched muscle sculpting effects of Pilates with the dynamic fat burning power of HIIT to give you a truly body-transforming workout in under 30 minutes!

**Fitness On Demand - please come in and take this time to view and participate in our Fitness On Demand system. With a multitude of workouts that can range from 20-45 minutes, just pick a class, grab some friends or go solo and enjoy the workout!! Available all day!**

## *Hours of Operation*

**Sunday 12:00p.m.-6:00p.m**

**Monday-Friday**

**4:00a.m.-10:00p.m.**

**Saturday 8:00a.m.-6:00p.m.**



## **Kaiser Wellness Center**

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