

Better Living Fitness Center Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am		CVT (\$20/class)		CVT (\$20/class)			
9:00am	Stretch & Stength						
9:30am			Vinyasa Flow Yoga				
10:00am						Full Body Fit	
10:30am	Silver Sneakers Classic	Silver Sneakers Yoga		Silver Sneakers Classic			
11:00am						Cardio & Core	Full Body Fit
11:30am				Body Rehab (45 min)			
12:00pm							
12:30pm					Full Body Fit		
1:00pm							
1:30pm	Closed Until 5pm						
5:00pm				Full Body Fit			
5:30pm	Full Body Fit	Strength & Tone (5:45-6:30)	Full Body Fit				
6:00pm						Vinyasa Flow Yoga	
6:30pm							
7:00pm							

Body Rehab: Class particularly designed to work in the prevention of injuries, strengthening and elasticizing the most susceptible joints of our body. The class is performed using rehab exercises and stretches.

Full Body Fit: Small Group Personal Training.

A fullbody strength training, cardio and flexibility routine with customization to your fitness level.

Cardio & Core: If you've always wanted a flat stomach, 6pack abs or just a stronger core, this is the class for you. It combines high-energy music with a core-sculpting routine to give you a toned midsection.

CVT: This total body class is made to get your heart rate up while strengthening your muscles in an interval timed format. Perfect for all levels!

Restorative Yin Yoga: Designed to be restorative and stress relieving. It can improve your flexibility and help you sleep better.

Strength & Tone: Become stronger, leaner, and more tone in this fun 45 minute strength training class.

Stretch & Strength: Here we will target specific areas to build strength, increase flexibility and improve your overall fitness. Special focus is given to alignment and proper form in the poses. Great for beginners!

SS Classic : Have fun and move to the music through a variety of exercises designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

SS Yoga: SilverSneakers Yoga helps you move your body through a complete series of seated and standing yoga poses. Chair support is used to perform a variety of postures designed to increase flexibility, balance and range of movement.

Vinyasa Flow Yoga: Challenging yoga workout that links breath with movement to create a dynamic flow of postures. This class will move quickly and is best suited for those with a strong yoga practice.