

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	2 Cardio Cond. 10:00 am
3	4 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	5 Cardio Cond. 5:00 pm	6 Body Cond. 8:00 AM Senior Fit. 9:30AM	7 	8 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	9 Cardio Cond. 9:00 am <i>*time change for today only*</i>
10	11 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	12 Cardio Cond. 5:00 pm	13  Body Cond. 8:00 AM Senior Fit. 9:30AM	14 Gentle Yoga 11:15 AM	15 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	16 Cardio Cond. 10:00 am
17	18 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	19 Cardio Cond. 5:00 pm	20 Body Cond. 8:00 AM Senior Fit. 9:30AM	21 Gentle Yoga 11:15 AM	22 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	23 Cardio Cond. 10:00 am
24 	25 	26 Cardio Cond. 5:00 pm	27 Body Cond. 8:00 AM Senior Fit. 9:30AM	28 Gentle Yoga 11:15 AM	29 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	30 Cardio Cond. 10:00 am
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CLASS DESCRIPTIONS

Cardio Conditioning: 60 minutes Tuesdays 5:00 - 6:00 PM Saturdays 10:00 - 11:00 AM

This class is designed to focus on increasing your heart rate to maximize calorie burn! The exercises are a mixture of body weight, total body and quick movements to keep your heart rate up. This is a high energy class that will keep your attention and is a fun way to enhance your weekly cardio routine.

Body Conditioning: 60 minutes 8:00 - 9:00AM

(offered by Deb Williamson)

Discover the use of proper breathing to connect the mind & body, while focusing on isolation of the core. Get ready to strengthen and tone your core, hips, and buttocks. Perfect for all levels. Class held on Mondays, Wednesdays, and Fridays.

Senior Fitness Class: 45 minutes 9:30 - 10:15 AM

Join us Monday, Wednesday, and Friday, for a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a chair and a ball are all offered to ensure the most fun you've ever had while exercising!

Class held on Mondays, Wednesdays, and Fridays.

(\$3 Dollars for non-members)

Gentle Yoga*: 75 minutes 11:15 - 12:30 PM

(Offered by Karen Wasserlauf, LMT)

Karen is a licensed massage therapist with A Healthy Touch Wellness Center. Using her knowledge of the body, this class will offer poses related to your particular concerns and leave you focused to conquer the rest of your day. Class held on Thursdays.

Boot Camp: 60 minutes 5:30 - 6:30 AM

Get in a full hour of the perfect blend of cardio, upper & lower body strength, and core work, all through a variety of exercises using hand weights and body-weight. All fitness levels & ages welcome, Modifications available when necessary. Class held on Mondays, and Fridays.

Non-Members Welcome! - just \$5 per class (Seniors \$3)

*Extra fee. Please ask for pricing

**Schedule subject to change



@GanandaWVF



@gananda_village_fitness



@Gananda-Walworth PT @ Village Fitness

Gym Hours

M-Th 5:30am-8pm

F 5:30am-7pm

S/S 7am-1pm

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