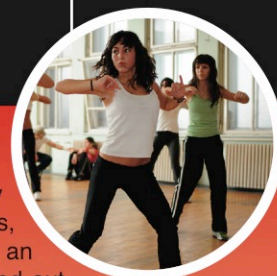




Group Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am	Gentle Yoga Marti Rider 75 mins		Gentle Yoga Marti Rider 75 mins		Gentle Yoga Marti Rider 75 mins	
11:00am		Indoor Cycling Marti Rider 45 mins				Indoor Cycling Marti Rider 45 mins
4:00pm	Level 1 Yoga Marti Rider 60 mins		Cycle/Yoga Marti Rider 60 mins		Gentle Yoga Marti Rider 45 mins	
5:30pm	Indoor Cycling Marti Rider 45 mins	Indoor Cycling Melissa Funk 45 mins		Indoor Cycling Melissa Funk 45 mins		
6:30pm	Zumba Jessica Sanders 60 mins	Cycle/Yoga Marti Rider 60 mins	Zumba Jessica Sanders 60 mins	Cycle/Yoga Marti Rider 60 mins		



ZUMBA: Ditch the workout join the party!! The Zumba program fuses hypnotic Latin rhythms and easy-to follow moves to create a one-of-a-kind fitness program that will blow you away.

GENTLE YOGA: This yoga class is for absolutely anyone of any age, shape or size to experience the many benefits of yoga. No experience or flexibility required. Focus is on correct positioning tailored to individual bodies. Use of props will increase freedom and mobility. Breath work will center the body and calm the mind.

LEVEL 1 YOGA: The perfect blend of strength, flexibility and balance sequences designed to challenge everything from core to consciousness. Set to music, this Vinyasa practice flows through poses, linking body with breath.

INDOOR GROUP CYCLING: A full body workout all set to great music. In 45 minutes, riders will not only burn calories and get an intense cardio workout, but we have figured out how to simultaneously tone your upper body, as well as how to originate all movement from your core. Indoor Cycling is also known as "SPINNING."

CYCLE/YOGA: West meets East. 30 minutes of INDOOR GROUP CYCLING cardio followed by 45 minutes of strength, core and cool down yoga to relax the mind and body.

“Our goal is to be the best part of your day!”

~ Dr. Richard W. Zimmerman "Doc Z"



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