******March 2020 Group Fitness Schedule**

Follow us on Facebook and Instagram for class updates.

#cocoabeachgym

 **Spin Studio**

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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 830am—Mandy545pm Spin & Abs—Cheryl | 830am—Liz545pm—Tammy  | 830am Spin & Tone—Susie | 830am Beginner—Liz530pm Express--Kirsi | 830am—Katy | 9am—Mandy | 9am—Tammy |

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*All classes 50 Minutes, except Express and Pound 30 Min.*

 **Group Fitness**

Cocoa Beach Health & Fitness

1355 N. Atlantic Ave, Cocoa Beach FL

**321-613-2969**

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| **Monday** | **Tuesday** | **Wednesday** |
| 730am—Piloxing—Kat830am—Body Conditioning Blast—Teresa930am—Dance Fitness—Carlos1030am—Boomer Fit—Polly1130am—Silver Sneakers—Polly230pm—Silver Sneakers—Polly430pm—Body Fit—Carlos530pm—Zumba—Amy630pm—Pound!—Erin/Melanie | 830am—Conditioning—Kat930am—Yoga—Jill1030am—Drums Alive—Sue430pm—MixxedFit—Linda5pm—Pilates—Dottie530pm—Super Step—Carlos530pm—Heavy Bag Xtraining—Des6pm—Karate—Des630pm—Yoga—Kim | 730am—PiYoBarre—Kat830am—GyroKinesis—Kat930am—Gotta Dance!—Paulette1030am—Tambourine Fitness—Jenny230pm—Silver Sneakers—Polly430pm—Body Fit—Carlos515pm—Strength & Tone—Dottie530pm—Step Up—Carlos6pm—Beginners & Kids Karate—CB Karate |

Monday-Wednesday 5am to 10pm

Thursday & Friday 5am to 8pm

Saturday & Sunday 8am to 5pm

Special holiday hours posted at gym.

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| **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 830am—Calorie Burning Conditioning—Teresa930am—Stretching Yoga—Christy1030am—Zumba Gold—Sue1130am—Beginner Tai Chi—Max445pm—Pound 30 Minute—Erin/Melanie530pm—Zumba—Karen6pm—Beast Booty & Abs—Kirsi | 730am—Piloxing—Kat830am—PiYoBarre—Kat930am—Gotta Dance!—Paulette1030am—Boomer Fit—Polly1130am—Silver Sneakers—Polly230pm—Silver Sneakers—Polly430pm—Butts & Guts—Carlos6pm—Karate—Des | 8am—Beast Bodies—Kirsi9am—Zumba—Karen10am—GyroKinesis—Kat11am—Pound!—Erin/Melanie | 10am—Dance Fitness—Carlos11am—Yoga—Katy |

**Beast Bodies—**Prepare to sweat!This class combines strength training with weights and cardio endurance. An all body workout that will have you pumped for the rest of the day.

**Beginner Tai Chi**--Learn the ancient martial art of Tai Chi.  Millions of individuals practice this slow, graceful mind/body exercise on a regular basis to enhance their balance, strength and mental acuity. The Beginning Class will teach the full sequence of 108 Tai Chi movements.

**Body Conditioning Blast**--Using a variety of fitness equipment, this class is designed to tone your entire body.

**Body Fit**—Sculpt, tone, and strengthen all major muscle groups using weights, balls, body weight, and bands. Be prepared to work all your muscles!

**Boomer Fit**--A class designed for the more-active older adult. Low impact moves that alternate with standing upper and lower body strength. Tone your muscles and build overall strength.

**Butts & Guts**—Time to target the abs and rear! This class is composed of exercises specifically designed to focus on strengthening and toning your glute and abdomen. Be ready for squats, crunches, and lunges! Be prepared to work and push yourself!

**Calorie-Burning Conditioning**—Burn calories quickly in this full body conditioning and cardio class.

**Conditioning**—Total body sculpting and toning class. Targets all muscle groups for strength and conditioning. An excellent class for ALL levels.

**Dance Fitness**—Dance like no one is watching! You can’t go wrong in this super fun dance class for all levels. Before or after your morning coffee, this class will definitely put a smile on your face.

**Drums Alive--**Drums Alive® joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

**Gotta Dance!**—Easy-to-follow choreographed dance class to popular original songs by Billy Joel, Joe Cocker, Queen, Beatles, Elton John, and more! If you enjoy dancing to classic songs, you’ll enjoy this class.

**Gyrokinesis**—Class begins on a stool with a gentle warmup to awaken the senses and stimulate the nervous system. Designed to increase range of motion and create functional strength through rhythmic, flowing movements. Motion through the hips, shoulders, and spine will increase the flow of blood to the joints and improve flexibility and balance.

**Karate Style Intensified Heavy Bag Xtraining**—This class uses the heavy bags (upstairs) for an intense exercise experience! Please bring your own gloves with you.

**MixxedFit**—If you love to dance and have fun you’ll love this class! Explosive dancing & bootcamp toning.

**Pilates**—Controlled exercises that engage the mind and condition the total body. Focus on the core to promote flexibility and stability.

**Piloxing**—Power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates. Exhilarating dance moves for a muscle-toning, fat-burning workout! High intensity, low impact class. 1/2lb weight gloves are used to enhance toning benefits. Participants are encouraged to be barefoot or use yoga wraps to increase strength in feet and ankles.

**PiYo-Barre**—Total body workout that combines ballet, Pilates, and yoga techniques to strengthen the core, and tone arms, thighs, and glute. Movements are designed to improve overall posture alignment. Socks, bare feet, or ballet slippers required. No tennis shoes please.

**Pound!**—Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, Pound transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, Pound provides the perfect atmosphere for letting loose, getting energized, toning up ad rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities**. Pound 30 Minutes**=class adjusted for a 30 minute workout.

**Silver Sneakers**—Increase muscular strength, range of movement, and activities for daily living. Chairs are available for sitting or standing support as needed.

**Spin & Classic Spin**—Get the feet pedaling and the heart pumping! Spin is a great cardio workout! Sprints and uphill climbs on your stationary bike will have you sweating in no time! All levels welcome and bike adjustment and safety information is available in each class.

**Spin Express--**A 30-minute express cycle class. Be coached to the next level of fitness by an experienced instructor who will take you on a ride designed to improve cardiovascular strength and endurance, while also improving muscular strength, speed, and endurance.

**Step U**p-- High energy, super fun step dance mix! A full body cardio workout, bring your swinging hips and step up feet! Oh, and don’t forget your SMILE ☺

**Stretching Yoga—**Gentle yoga, focus mainly on flexibility while incorporating balance and relaxation.

**Sunday Yoga--**Slow flow, beginner to intermediate.  Focus on connecting breath with movement to build balance, strength, and flexibility.

**Tambourine Fitness--**A combination of cardio and toning choreographed to a variety of great musical hits (funk, disco, country, rock, pop, Latin) while playing the tambourine. Equally emphasizes fitness and fun!

**Zumba**—You’ve heard of it, but have you tried it??!! This popular cardio dance class combines fast and slow rhythms for a fun and rewarding workout. Come see what the fuss is all about ☺

**Zumba Gold—**For seniors or beginners who may need modifications, builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.