

August 15-31 Group Room Schedule—Cocoa Beach Health & Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		Private Dance		Private Dance			
8am	Iron Barre Kat		Iron Barre Kat		Iron Barre Kat	Gyrokinesis \$10 Kat	
9am	*Squad Fit Liz		*Squad Fit Liz		*Squad Fit Liz		
930am							Yoga Michelle B.
10am	Gotta Dance Sue	Drums Alive Sue	Yoga Michelle R.	Walk this Way Jenny	Gotta Dance Sue		
1030am							Walk this Way (no class 15 th) Jenny
1130am	Silver Sneakers Masks required Polly		Silver Sneakers Masks required Polly	Tai Chi Max	Silver Sneakers Masks required Polly		
1245pm			Zumba Gold Sue		Drums Alive Sue		
430pm	Full Body Fitness Carlos						
5pm			Heavy Bag Training Des				
530pm	Karate Des		Beginner & Kids Karate Des		Karate Des		
545pm		RiZe Up Bootcamp Jacqueline		Date with the Weights Jacqueline			
645pm	Yoga Nidra Katy						

***Squad Fit**—Special instruction small group class with Certified Personal Trainer, Liz Flom. Monthly or drop-in fee apply. Please see front desk for more information.

August Spin Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
830am	Spin—Mandy	Spin—Clare	Spin—Jade	Spin—Mandy	Spin—Clare	
9am						Spin—Mandy
5pm				Ridin' Dirty—Jade		
545pm	Spin—Cheryl		Spin—Cheryl			

Class Descriptions

Iron Barre—A unique blend of power pilates, strength training, and combat style exercises. This class uses a variety of strength and toning equipment.

RiZe Up Bootcamp—45 minutes of HIIT, cardio, plyometrics, and strength super combos. We don't stop!

Date with the Weights—One more rep! No plyometrics. Build strength and endurance. Improve balance, coordination, and functional strength.

Spin—Classes take place in the Spin Studio. Increase and decrease resistance as you enjoy a fun, yet challenging cardio workout. Every instructor has their own music and style.

Ridin' Dirty Spin—Get funky with Jade! This wild spin class does play explicit music. Must be 18 or older to attend.

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

Beginner Tai Chi—Slow, graceful mind/body exercise to enhance balance, strength, and mental acuity (new sessions begin January and July).

Full Body Fitness—With Carlos! From head to toe you will get a full body workout—cardio, strength, and definitely some fun hip-shaking. Bring your smile!

Yoga—combination of physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

Walk this Way—A low impact walking class with simple moves and fun music.

Gotta Dance—one of our most popular dance classes! Familiar tunes with fun dance moves. You GOTTA DANCE! Feel free to move to your own beat.

Zumba Gold—A lot like Zumba (see above description), but designed for seniors.

Drums Alive—Fun for all ages! Drumsticks and exercise balls, find the beat and move your feet! Gentle cardio workout.

Karate—Self-defense and exercise. All welcome. CB Karate always welcoming new students of all ages.

Heavy Bag Training—using the boxing bags upstairs, a combat and self-defense exercise class led by CB Karate.

Yoga Nidra—guided meditation with relaxation techniques. A full experience of complete relaxation to the mind, body, and energy. No yoga experience necessary, must be able to get up without assistance.

*Private Dance—room reserved.

*Squad Fit —Led by Personal Trainer, Liz Flom, this class aims for fitness and health results. An additional fee—monthly or class drop in available. Please see front desk.

We do allow live recordings in the group room, as stated in our Assumption of Risk form. Please read the form for all details. Thank you

321-613-2969

Cocoa Beach Health & Fitness