

# FREE CLASS SCHEDULE: November 2 - November 22, 2020



## IMPORTANT:

Class size is limited to allow a minimum of 12 feet distance between participants. Spots will fill on a first come basis.

Max capacity: Studio 6 & MP = 15    Studio 4 = 8    Studio 3 = 6

CLASS	Monday	Loc	Tuesday	Loc	Wednesday	Loc	Thursday	Loc	Friday	Loc	Saturday	Loc
Dance/Aerobic	(Social)Distance Run				6:00-7:00am	OT						
	High Fitness		9:30-10:15 am	MP								
	Hip Hop Cardio	6:10-7:00 pm	6									
Mind Body	Mat Pilates		11:45-12:30 pm	4			6:10-7:00 pm	4				
	Stretch and Tone								9:30-10:15 am	4		
	Yoga	9:30-10:20 am	4	6:10-7:00 pm	4	11:10-12:00 pm	4				10:50-11:50 am	4
Spin	Indoor Cycling	11:45-12:15 pm	3			6:15-7:00 am	3	5:00-5:50 pm	3			
Toning	FOCUS	5:30-6:00 pm	6			5:30-6:00 pm	6			5:30-6:00 pm	6	
	Strength			6:10-7:00 pm	6					6:10-7:00 pm	6	
	Tone & Tighten	8:45-9:25 am	6			8:45-9:25 am	6			8:45-9:20 am	6	
Total Fitness	Boot Camp		6:15-7:00 am	6	6:10-7:00 pm	6					9:00-9:45 am	6
	Fat Burning Fitness	6:15-7:00 am	6						6:15-7:00 am	6		
	H.I.I.T.	11:50-12:20 pm	6	8:45-9:20 am 11:10-11:40 am	6 6	11:50-12:20 pm	6	8:45-9:20 am 11:10-11:40 am	6 6			
	Wake Up Call to Fitness	11:10-11:40 am	6			11:10-11:40 am	6			11:10-11:50 am	6	

Keep an eye on our facebook page for live streamed classes! Email [raymond.phillips@walmart.com](mailto:raymond.phillips@walmart.com) for more info.

## Free Class Descriptions: November Session, 2020

Class	Description
Dance/Aerobic	<b>(Social)Distance Run</b> Is it Social-Distance Run, or Social Distance-Run? For now, it is both! Join up with other WLFC members for these free group runs and enjoy each other's company from 12 ft apart. The class will meet by the outdoor track in front of the main entrance to tennis. Head lamps are required. All fitness levels are welcome!
	<b>High Fitness</b> Have you heard? AEROBICS is Back! Bigger, Better, HIGHer! A choreographed workout that alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.
	<b>Hip Hop Cardio</b> Dance up a sweat while listening to urban music and Hip Hop.
Mind Body	<b>Mat Pilates</b> Focuses on proper core training to improve muscle strength and length, mobility, stabilization, and body alignment.
	<b>Stretch and Tone</b> This class uses low impact exercises to strengthen and stretch the body with the goal of improving functional movement and elongating muscles.
	<b>Yoga</b> A series of poses and exercises that strengthen and stretch the body, done in an environment that helps you relax and release tension.
Spin	<b>Indoor Cycling</b> Pedal away! This indoor spin class uses upbeat music and an enthusiastic instructor to help get the most of your workout.
Toning	<b>FOCUS</b> This class breaks the body into 3 distinct muscle groups and dedicates a full class to each. Monday - Hips & Thighs, Wednesday - Arms & Shoulders, and Friday - Abs & Core
	<b>Strength</b> A high energy, total body workout using adjustable barbells, steps, and dumbbells. This class will have you feeling "the pump" from head to toe.
	<b>Tone &amp; Tighten</b> A muscle-conditioning class using weights, resistance tubing, and Fit Balls.
Total Fitness	<b>Boot Camp</b> Strengthen your body by pushing and pulling your weight while improving cardio through circuit drills.
	<b>Fat Burning Fitness</b> This workout is designed to define your muscles, build endurance, and melt that fat away.
	<b>H.I.I.T.</b> The name says it all (High Intensity Interval Training). This class mixes intervals of cardio and functional strength exercises to optimize calorie burn.
	<b>Wake Up Call to Fitness</b> Cardio and weight training in a circuit drill format.