

# BOUGHTON STREET GROUP EXERCISE SCHEDULE

## Summer Schedule June 1 – September 5

### **\*Hi/Lo Aerobics**

Monday at 9:15 a.m.

### **\*Aero/Tone Interval**

Monday at 6:30 p.m.

### **\*Zumba**

Tuesday at 9:15 a.m.

### **\*Zumba**

Tuesday at 5:30 p.m.

### **\*Wacky Wednesday**

Wednesday at 9:15 a.m.

### **\*Zumba**

Wednesday at 5:45 p.m.

### **\*Step and Tone**

Thursday at 9:15am

### **\*NEW! Boot Camp**

Thursday at 5:30pm

### **\*Drums Alive**

Friday at 9:15am

### **\*Zumba**

Sunday at 10:00am

*\*CLASSES SUITABLE TO BEGINNING EXERCISERS*

**\*Aero/Tone** – Three to five minute alternating intervals of cardio and toning with weights and tubes. Ends with abdominal and exercises and stretch.

**\*Boot Camp** – Two workouts in one! Cardio drills and muscle conditioning with free weights and core conditioning.

**\*Drums Alive** – A unique sensory-motor drumming program involving drum sticks, a stability ball and music.

**\*Step and Tone** – Intervals utilizing a four to 8 inch step and hand held weights.

**\*Hi Lo Aerobics** – High intensity with minimal joint stress. Class consists of warm up, aerobic segment, upper and/or lower body toning, abdominals, stretch and relaxation.

**\*Wacky Wednesday** – High energy class with a different format weekly. You can expect cardio, toning, body conditioning even Yoga on occasion.

**\*Zumba** – A fusion of Latin and International music and dance themes. Routines are simple. This is a very fun and popular class.