



## FITNESS CLASSES

### VICTORIA TRAILS AMENITY CENTER

# GROUP EXERCISE

<	MONDAY	YOGA (Fee Applies)	9:00 AM
		KRAV MAGA	6:00 PM
<	TUESDAY	AQUA ZUMBA	9:00 AM
		AQUA FIT - Commons Pool (Fee Applies)	10:15 AM
		STRENGTH TRAINING	10:15 - 11 AM
		ZUMBA TONING	6:00 PM
		BODY WORKS	7:15 PM
<	THURSDAY	AQUA ZUMBA	9:00 AM
		AQUA FIT - Commons Pool (Fee Applies)	10:15 AM
		BODY WORKS	6:30 PM
		BALLROOM DANCING (Fee Applies)	7:30 PM
<	FRIDAY	YOGA (Fee Applies)	5:30 PM
<	SATURDAY	ZUMBA STEP	9:30 AM

**AQUA FIT** Aqua Fit is a gentle workout that builds flexibility, is easy on the joints, strengthen muscles, reduces stress and increases energy. All ages and skills welcome.

**AQUA ZUMBA** Aqua Zumba is a no-impact total body work-out held in the pool. Appropriate for all fitness levels. Recommended for people with joint issues. Party in the pool to Latin rhythms!

**BALLROOM DANCING** For more information and schedule please call (386) 532-2624.

**BODY WORKS** Get the results you want! Improve muscle tone, posture, balance and strength with this lightweight dumbbell workout. Please bring a mat, towel and water.

**KRAV MAGA** Krav Maga teaches street self-defense using: Punches, elbows, knees and kicks, defenses against various strikes, chokes, and weapons (sticks, knives and guns), and use realistic training drills.

**YOGA** A class for all fitness levels. The class focuses on teaching basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature that supports the body. If you have been wanting to begin a yoga practice to reap all of the health benefits that yoga has to offer...now is the time! Please bring a mat, towel and water. Fee applies.

**ZUMBA STEP** We combine the awesome toning and strengthening power of step aerobics with the fun fitness-party of Zumba. Burn up to twice the calories of a regular Zumba class while you

*\*All classes are one-hour unless otherwise noted.*



Classes are adapted for all fitness levels.  
For more information please contact Lifestyle.

**(386) 279-7700**