FEBRUARY

- **Tai Chi/Meditation** - This class is a high intensity strength and cardio workout choreographed to music to help you push through every rep! This class is for you if you're

- **Core Focus** - Designed to activate the abdominals, pelvic floor, and lower back by utilizing body weight exercises to strengthen the core, increase balance and enhance posture.

- **Buti Yoga** - This mind-body class is one of a kind. Combining the arts of yoga, tribal dance, and short bursts of high intensity cardio to the beat of the music will keep you energized and moving.

- **Core Blast** - Intermediate/Advanced - This 30-minute high intensity workout is designed using cardio, strength and athletic conditioning formats. This short and

- **STRONG by Zumba®** - This non-stop powerhouse workout is guaranteed to burn calories and get your heart pumping. HIIT includes High Intensity Interval Training by combining strength

- **Kettlebell AMPD** - The live session will end in a mindfulness practice of either Yoga or Meditation. Meditation is a major asset in taking control of our own minds and living a healthier and happier life. It gives us the ability to silence our very

- **Yoga Flows** - This class is designed by licensed fitness professionals with Fitness Instructors. This class will provide an asana flow protocol that helps improve posture and promote flexibility. The class will also

- **BellyDance Cardio** - Jacksonville State University

- **Yoga** - Yoga Yoga (all levels) - resulting from relaxed breathing and slow, flowing movements. This class is perfect for those who want to explore the benefits of yoga for meditation and relaxation.

- **STRONG by Zumba®** - This Friday afternoon class will keep the participants on their toes. Each Friday the format rotates between different cardio workouts. This Freaky Friday

- **FAC01: Tai Chi/Meditation** - This class includes basic fundamental tai chi movements that provide balance, strength, energy and relaxation.

- **Tai Chi/Meditation** - Every Wednesday will be a different wellness topic that our community can ask questions and learn more about.

- **Wellness Wednesday Talk with Mindfulness Practice**

- **Yoga Flow** - This class is comprised of strength, flexibility, and fun at all levels. This real class consists of a 60-minute flow designed to tone, stretch and strengthen.

- **Strut by Zumba®** - This is a high intensity strength and cardio choreography designed to help you push through every rep! But this class is for you if you're

- **TRON by Zumba®** - This is a high intensity strength and cardio choreography designed to help you push through every rep! But this class is for you if you're

- **Kicks by Zumba®** - This is a high intensity strength and cardio choreography designed to help you push through every rep! But this class is for you if you're

- **Core Focus** - Inspired by strength and plyometric exercises this class will challenge the whole body.

- **Zumba with Vinyasa** - This is a fun, dance-based cardio class guaranteed to get your heart pumping. Zumba is a fun, dance-based cardio class guaranteed to get your heart pumping.

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- **Cardio Kickboxing** - This class is comprised of strength, flexibility, and fun at all levels. This real class consists of a 60-minute flow designed to tone, stretch and strengthen.

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