

Welcome
RENEW ACTIVE by United Healthcare

Small Group & Semi-Private Training

Please see a staff member for details

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM		LINDA'S CLASSES ARE FEE PAID TO HER				
8:30		CARDIO FUSION <i>Linda</i>		CARDIO FUSION <i>Linda</i>		
9:00					Power Challenge <i>Linda</i>	
10:00	Back to Basics <i>KK</i>		Back to Basics <i>KK</i>		10:15 Back to Basics <i>Karen</i>	
11:30AM	DANCE MIX <i>Darla</i>		DANCE MIX <i>Darla</i>			SUNDAY
12:30pm						
4:30PM						
5:30PM						

Commented [c1]: CARDIO FUSION - a rhythmic workout combining elements of dance with athletic moves done to popular and classic music favorites. Medium to high intensity cardio. 140 Beats Per Minute pace.
50 minutes class- All Low impact (with higher impact options at participants discretion.)

Basic moves include: grapevines, V step, mambo, knee repeaters, knee lifts, lindy- hop (chasse), ham curl, cha cha cha, squats, lunges (side taps) etc.
Balance, stretching and standing or sitting core exercises at the end.

(Similar to Jazzercise, Zumba Power, Les Mills' Sh'Bam)

Commented [c2]: Linda's POWER CHALLENGE is a total body workout combining strength, cardio, flexibility, and balance skills.

Equipment used MAY include: body weight, dumbbells, resistance bands, kettlebells, gliding disks, balls and step benches. Most sessions include a variety of squats, lunges, planks, pushups, back, chest and core work in linear plane and with rotation-
MODIFICATIONS are included for any participant, all levels of exercisers welcome!