

Physical Activity Action Plan

11/4/19- Zumba

11/12/19- Boot camp

11/18/19- Zumba

11/25/19- Total Body Pump

12/2/19- Zumba

12/09/19- Boot camp

1/06/20- Zumba

1/13/20- Total Body Pump

1/21/20- Zumba

1/27/20- Boot camp

2/3/20- Zumba

2/10/20- Total Body Pump

2/18/20- Zumba

2/24/20- Boot camp

3/2/20- Zumba

3/16/20- Total Body Pump

3/23/20- Zumba

3/30/20- Boot Camp

4/6/20- Zumba

4/14/20- Total Body Pump

4/20/20- Zumba

4/27/20- Boot Camp

Notes

- All Classes are held on Mondays, except for the highlighted days in which classes will be moved to Tuesday.
- All classes will begin at 4 Pm until 4:30 Pm

Class Descriptions

Zumba- is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-activity.

Boot Camp- workout consisting of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching.

Total Body Pump- Sculpt and tone your body with this 30-minute, high repetition, light dumbbell workout, that will take you through a variety of exercises. Notice improvements in your muscle tone, posture, balance and strength.

