

Class Schedule **September**

CENTRAL SQUARE

Fitness Class Registration

To register for virtual or in-house fitness classes, please sign up using our online registration by clicking the link below or visit southstpaul.org:

Online Class Registration

Virtual Class: Instructions for access to virtual classes will be emailed prior to class and will also be provided on your registration receipt. You will also need to register for a free account with the online meeting site called ZOOM, either on the website at this link: [ZOOM](#) or by downloading the app (Zoom Cloud Meetings) in the iTunes or Google Play Store.

In-House Classes: Restrictions and safety guidelines will be in place for In-house Fitness classes. Registration will be limited to 10 people, with required spacing between participants. Guests are asked to bring their own water bottles, and wear masks when entering the building and passing through the lobby. You will be required to check in at the desk for a brief health screening. Please adhere to all posted safety guidelines.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VIRTUAL							
Strength Cardio	9 AM Dana	8:30 AM Terie		8:30 AM Terie			8 AM Terie
Yoga			8:30 AM Terie		8:30 AM Terie		9 AM Terie
Senior Yoga		9:30 AM Terie		9:30 AM Terie			
Senior Strength Cardio			9:30 AM Terie		9:30 AM Terie		
Strength Cardio			6 PM Jina	6 PM Rita	6:00 PM Dana	5:30 PM Jina/Rita	
Yoga				5 PM Terie			
Yoga Core & More		6 PM Jina/Rita					
Cardio Kickboxing	6 PM Jina						
IN-HOUSE (Beg. 7/6/2020)							
Total Body		4:30 PM Terie	5:15 AM Kim		5:15 AM Kim		
Senior Strength			9:30 AM Kim			9:30 AM Kim	
Senior Aqua Interval			10:30 AM Kim			10:30 AM Kim	

Strength Cardio - Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

Yoga - Gain strength, stamina and balance with this mind soothing yoga class. Move through poses designed to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress.

Cardio Kickboxing - Strengthen your body and your heart in this fun, energetic class. Cardio kickboxing combines punches and kicks along with other fun, effective moves. Alternates between lower impact moves utilizing the large muscle groups and higher energy, heart pumping moves.

Yoga Core & More - Burn calories and strengthen your core with this mix of yoga poses, muscle toning and stretching movements.

Senior Yoga - Move through seated and standing poses designed to increase flexibility, balance and range of motion. Finish with mat work and finally, relaxation. (Floor exercises will be added as an option. If you are unable to get down on the floor, modifications will be available.)

Senior Strength Cardio - Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

Total Body - A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.

Senior Strength - This class is designed to focus on and increase flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance.

Senior Aqua Interval - A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance.

CLASS FEES

Virtual

\$15 - One Class Per Week
\$20 - Two Classes/Week
\$35 - Unlimited Class/Week

In-house Regular
\$18 - Member
\$26 - Non-Member

In-house Senior
\$10 - Member
\$12 - Non-member

Classes are subject to change, view current schedule on the website here: [Fitness Class Schedule](#)