



# May 2019 • Class Schedule

*Exercise Classes at the Concrete Theatre*  
**Your summer fitness solution.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>April 29</i> 5:30 p.m. Workout for Weight Loss	<i>April 30</i> 4:30 p.m. Pump Plus	<b>1</b> 5:30 p.m. Core & More	<b>2</b> 5:30 p.m. Total Body PiYo	<b>3</b>	<b>4</b> 8:00 a.m. Zumba
<b>5</b>	<b>6</b> 5:30 p.m. Tank Top Arms	<b>7</b> 4:30 p.m. Summer Legs	<b>8</b> 5:30 p.m. Core & More	<b>9</b> 5:30 p.m. Total Body PiYo	<b>10</b>	<b>11</b> 8:00 a.m. Zumba
<b>12</b>	<b>13</b> 5:30 p.m. Tank Top Arms	<b>14</b> 4:30 p.m. Summer Legs	<b>15</b> 5:30 p.m. Core & More	<b>16</b> 5:30 p.m. Total Body PiYo	<b>17</b>	<b>18</b> 8:00 a.m. Zumba
<b>19</b>	<b>20</b> 5:30 p.m. Tank Top Arms	<b>21</b> 4:30 p.m. Summer Legs	<b>22</b> 5:30 p.m. Core & More	<b>23</b> 5:30 p.m. Total Body PiYo	<b>24</b>	<b>25</b> No Class <i>Happy Memorial Weekend!</i>
<b>26</b>	<b>27</b> No Class <i>Happy Memorial Day!</i>	<b>28</b> 4:30 p.m. Summer Legs	<b>29</b> 5:30 p.m. Core & More	<b>30</b> 5:30 p.m. Total Body PiYo	<b>31</b>	<b>June 1</b> 8:00 a.m. Zumba

## Group Exercise Classes

Whether you're already a workout warrior or are just getting started, you're welcome at Encore Fitness. Our classes are informal and friendly and you never have to feel like you're in a competition. Have fun and get fit - this could be the best stage of your life!

Your first class is free. All equipment is provided, but please bring your water and yoga mat (Thursdays only) if you can.

**Core & More:** You're guaranteed to feel the difference when we focus on ab strength! Every class will introduce core exercises that challenge you, but you always go at your own pace.

**Tank Top Arms:** Focus on strengthening and toning your upper body muscles with weight training and high intensity intervals.

**Total Body PiYo:** A dynamic combination of Pilates for strengthening, and yoga for flexibility and balance, this class tones and trims your entire body. Bring a yoga mat if you can.

**Summer Legs:** A workout that pays special attention to lower body muscles using bars, dumbbells, bands, steps and more.

**Zumba:** High energy CARDIO DANCE PARTY using a variety of music styles, from pop to Latin and beyond.