

# Fitness Class Calendar

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-9:00	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool
7:00-8:00		Sunrise Yoga Alter Ego		Sunrise Yoga Alter Ego	
11:30-3:00	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool
11:30-12:15		Cooper Ready ASO Gym			
12:00-12:30	Simply Stretching Alter Ego	Advanced Stretching Alter Ego	Simply Stretching Alter Ego	Advanced Stretching Alter Ego	Simply Stretching Alter Ego
		Zumba (1 hour) Public Works		Zumba (1 hour) Public Works	
12:30-1:00	Corporate Tone Up Alter Ego	Advanced Corporate Tone Up Alter Ego	Corporate Tone Up Alter Ego	Advanced Corporate Tone Up Alter Ego	Corporate Tone Up Alter Ego
12:00-12:45			Mat Pilates Hdqtr. Library	Midday Yoga Sheriff's Office	Mat Pilates Hdqtr. Library

**Cooper Ready-** Group circuit training based classes led by Personal Trainers and geared to help participants prepare for the Annual Cooper test or challenge their current fitness level. All levels welcomed.

**Corporate Tone Up - 30-** minute workouts focusing on strengthening and toning exercises using a variety of exercises and equipment, focusing on one area on the body; Upper, Lower and Abs.

**Mat Pilates-** Increase strength and definition while you create long, lean muscles. Pilates improves body awareness and promotes a heightened sense of balance, control, and correct body alignment.

**Simply Stretching- 30-** minute sessions focusing on stretching and relaxing all major muscle groups using various modalities.

**Sunrise and Midday Yoga-** Experience an ancient practice that combines strength, stamina, flexibility and breath while improving your posture and balance.

**Swim Series- Lap lanes-** Get advice on how to improve your swimming skills from the aquatics staff. During these times you can utilize the pools lap lanes for no charge. **Show your County ID to gain access.**

**Zumba-** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that makes exercising fun.

## Locations:

**Alter Ego Downtown-** Sun Center- 101 SE 2<sup>nd</sup> Place, Gainesville  
(you **do not** need to be a member to attend these classes only)

**Hdqtr. Library-** 401 E University Avenue, Gainesville

**Sheriff's Office-** 2621 Hawthorne Road, Gainesville

**Northeast Pool-** 1100 NE 14<sup>th</sup> Street, Gainesville (MLK Complex)

**Public Works-** Hague Compound- Ready Room

