

Class Schedule Winter 2021 (will run continuous)

MONDAY

10-11am **Yoga Basics**- This class is the most refreshing & relaxing class we offer with an array of therapeutic yoga and meditating moves by John Sanner.5163901324 zoom

6:15-7pm **Aqua Fit**-Natalie will give you a mix of songs while you splash up easy to follow aqua moves for all fitness levels.* Turnstone

6:00-6:45pm **Zumba**- Join Sarah Hudson for this amazing workout/party! Great for all fitness levels and awesome music that will get you moving and burning calories!

This class will be Zoomed from Sarah's home. Jessie will stream the class at the gym or you can stay home to workout! 88416310317 zoom/Studio

6:55-7:40pm **Toning Elements**-Jessie is bringing a great mix of toning & strength moves along with the elements of endurance and stamina. 85838285515 zoom /Studio

TUESDAY

9-9:45am **ZUMBA**- Zumba with Amy for a fun, party workout! You are in for a treat with easy to follow dance moves. This great energizing class is for you! 6208897447 zoom

10:15-11am **Body Shop- ON HOLD**

6:05- 6:50pm **20/15/10**- Jessie will guide you through a quick total body workout with 20 minutes cardio, 15 minutes toning, and 10 minutes of abs. 85838285515 zoom/Studio

WEDNESDAY

10-10:45 am **Karas Cardio** will take you through an all over body toning class to make muscles 1lean, 2strong, 3flexible & 4balanced. 929-6312-0525 zoom/Studio both

11-11:45am **Gentle Yoga** is Karas creation. This class is refreshing & relaxing for participants of all fitness levels. Learn therapeutic yoga and great stretching techniques.

11:30-12:15pm **ON HOLD Aqua Fit**-Gerri has one of the best water workouts in town. It's so much fun burning calories in warm water! The Turnstone facilities are top notch!*

6:00-6:45pm **Zumba**-Sarah is AMAZING!!! Dancing with fun moves, easy to follow Zumba energy, burn calories with our even realizing the cardio!! Do not miss this class!

This class will be Zoomed from Sarah's home. Jessie will stream the class at the gym or you can stay home to workout! ! 88416310317 /Studio

6:55-7:30pm **Firm & Fabulous**-Bridgette brings an exciting strength and core workout with moves to help you see the firm and feel fabulous! on ZOOM /Studio

THURSDAY

10-11am **Yoga Beyond Basics**-increases knowledge and challenge the body. Straight from Florida, John will help you strengthen the body and improve balance. **5163901324 zoom**

5:30-6:15pm **Pilates Plust**- Natalie will guide you through a total body workout building muscle & burning calories with lots of core flattening moves. 6069954967 zoom/Studio

6:15-7:00pm **Aqua Zumba Lindas's** rowdy high energy class with move you to get fit.. Latin songs & modern hits cause calories to burn. Turnstone*

6:30-9pm **Fencing Club**-This skilled group of fencers learns, practices & has fun! The group is always looking for more to join (separate fees apply- 50.00 for 8 sessions).

FRIDAY

10am-11am **Strength & Stretch**-Connect mind & body with pilates, This fluid class will take you to new fitness heights! Celeste will not disappoint you, she is wonderful. **ZOOM**

Are you wanting a private training session? Call us for a 30 minute personal training session for 25.00 or A Private Group Class for 60.00

Would you like to see a class or time added to the schedule!All we need is 4 participants to make it happen!

SATURDAY

8:30-9:15am **ZUMBA**-A powerful group of people meet to get dancing, sweating, and feeling the ZUMBA LOVE!! Teachers that rotate are Jessie & Natalie ZOOM /Studio both

9:20-10:05am **STRENGTH/TONE**- A variety of resistance will be used to build & burn for results! We will do a mix and keep it fresh! Do not let your weekend workouts go!

10:15-? **Private Ballroom Dance Lessons** Call Jennifer at 760-0746 All styles and ages.

SUNDAY - Stay Tune for some added Specials!

ZOOM CODES CAN CHANGE and PASSCODES are required. Make sure you are on our group link in Messenger/Facebook -Fitness Studio ZOOM

*Turnstone is located at 3320 N Clinton St Ft Wayne, Enter north side entrance of the building.. Bing your towels, sign in, follow rules. Can only be in pool during class!

