

SCHAFFER SPORTS CENTER

# Adult Fitness Schedule

[info@schafer sports.com](mailto:info@schafer sports.com)

609-393-5855



**\$15.00 per class**

**Pay As You Go**

**M**

**6:25pm Bodyweight Bootcamp**

**T**

**5:20pm Cardio-Dance**

**6:25pm Cardio-Fusion Dance**

**TH**

**5:20pm Yoga**

**6:25pm Piyo**

**SAT**

**8:35am Barrelattes**

## Class Descriptions:

**Bodyweight Bootcamp:** High Intensity Interval Training

**Cardio-Dance:** Easy to follow dance fitness class

**Cardio-Fusion Dance:** Easy to follow dance alternating with body weight strength moves

**Yoga:** Learn classic postures and proper alignment

**Piyo:** Core firming benefits of pilates with strength and flexibility

**Barrelattes:** Combines dance inspired movements of Barre with strength exercises of pilates