

EverFit of Cinnaminson

Group Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM					
9:30 AM					
10:00 AM					
2:00 PM	<i>Arthritis with Jeanie</i>		<i>Arthritis with Jeanie</i>		
5:30 PM		<i>Beginner Pilates with Dee</i>			
6:00 PM	<i>Body Sculpting with Jeanie</i>		<i>Body Sculpting with Jeanie</i>	<i>Low Impact Aerobics with Trish</i>	
6:30 PM		<i>Intermediate Pilates with Dee</i>			
6:30 PM					
7:00 PM	<i>Walking with Jeanie</i>		<i>Walking with Jeanie</i>	<i>Floor, Core, & More with Trish</i>	

*All classes listed in this schedule are included in your EverFit membership!

Current Classes

Low Impact Aerobics with Trish

Low impact aerobics is a fun way to get fit. It is easy on your joints, and a great way to get your heart in shape. Abdominal exercises are included at the end.

*Approx time: 30 minutes of aerobics
10 minutes of abdominal & stretching exercises*

Floor Core and More with Trish

This class focuses primarily on the midsection. It will involve multiple exercises designed to strengthen the core. There is no aerobic dance in this class

Approx time: 30 minutes

Pilates with Dee

Pilates is an amazing workout designed to activate "core muscles" using your own body weight

Approximate time: 30-45 minutes

Arthritis Foundation Exercise Program (AFEP) with Jeanie

The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- ◆ help increase joint flexibility and range of motion
- ◆ help maintain muscle strength

Approximate time: 60 minutes

See [AFEP flyer](#) for more details

Body Sculpting and Walking Class with Jeanie

Class includes approximately 60 minutes of resistance exercises using various weights, bands, and body weight, and the strength training is followed by 30 minutes of cardiovascular exercise.

Total approximate time: 90 minutes

Classes Coming Soon!

Kickboxing with Dee

This class is designed for the participant looking for a workout to bring them to the next level of fitness. By taking upper body movements from traditional kickboxing and combining with the lower body movements of traditional martial arts, kickboxing workouts can blast as much as 800 calories in a 1 hour session! This workout is true total body sculpting and cardio conditioning all wrapped up in one.