

## United Fitness Center - Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am	Platinum		Platinum		Platinum
8:30 am	Gold	Gold	Gold	Gold	Gold
9:30 am	Gold	Gold	Gold	Gold	Gold
10:30 am	Gold	Gold	Gold	Gold	Gold
11 am			Dancefit		Dancefit
11:30 am		Gold	*Golden Yoga	Gold	*Golden Yoga
2 pm		Dancefit			
2:30 pm	Gold	*Golden Yoga	Gold	Gold	
4:30 pm	Platinum		Platinum	Platinum	
5:30 pm		Cross Train Mix		Cross Train Mix	

Note: All Gold/Platinum classes start in the gym (machines) on the hour

\*45 mins class

\*Effective January 2025

## ***Class Descriptions***

**Platinum** – This class incorporates moderate, full body conditioning exercises designed to promote weight loss, improve cardiovascular endurance, enhance muscular strength and increase balance and flexibility.

**Gold** - This class focuses on light to moderate exercises that can benefit anyone of any level of fitness. Fitness Gold incorporates aerobics, strength, balance, coordination, and flexibility exercises.

**Dancefit** - Thirty minutes of fun and fitness using low impact, lite aerobic and dance type movements, blended with mobility, flexibility, and brain exercises. Great for all ages young and old!

**Golden Yoga** – This gentle 45-minute Yoga class will include both chair and standing options to allow for a successful experience. It is geared for beginners and those with movement limitations or mobility issues. Modifications offered. Chair or bench available.

**Cross Train Mix** - Something new each class! A fun, functional workout that will alternate between Dancefit, Bootcamp, Circuit Strength training, Core work, and Yoga!



***Questions – Call (360) 854-0247***