











St. Francis

Wellness Center

2000 16th Avenue
Columbus, GA 31901
706-320-3790

Monday – Thursday • 6am to 9pm
Friday • 6am to 5:30pm
Saturday • 8am to 1pm

January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Intermediate Toning		Intermediate Toning		Intermediate Toning	
10 am	Chair Toning	Chair Toning	Chair Toning	Chair Toning	Chair Toning	
11:30 am	 ZUMBA [®] gold	 Gold Toning	 ZUMBA [®] gold	 Gold Toning	 ZUMBA [®] gold	
1:30 pm	Intermediate Toning		Intermediate Toning			
3 pm	Chair Toning	Chair Toning	Chair Toning	Chair Toning	Chair Toning	
6 pm	 ZUMBA [®] fitness		Interval Training			
7:30 pm		 ZUMBA [®] fitness		 ZUMBA [®] fitness		

Description of Group Classes

Chair Toning— Beginner exercises geared toward seniors, focusing on strength, coordination, balance, flexibility and range of motion.

Intermediate Toning – Intermediate strength and conditioning for all ages.

Interval Training - This 45-minute class is designed to keep those calories burning by combining heart pumping cardio moves with intervals of focused muscle conditioning.

Zumba Gold[®] – Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of older active participants, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for—zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance fitness class that feels friendly, and most of all, fun.

Zumba[®] – Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you will be getting fit and your energy levels will be soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating!