



NOVEMBER 2020 SCHEDULE

GROUP FITNESS

*classes & times are subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00am
FOREVER FIT
w/ Cheryl

9:00pm
**TOTAL BODY
BOOTCAMP**
w/ Megan

Day Of Class Registration Begins at 12pm - Call 585.366.4295 To Reserve Your Spot

6:00pm
ZUMBA
w/ Janet

6:00pm
YOGA
w/ Patty
STARTING 11/24

6:00pm
**TOTAL BODY
BOOTCAMP**
w/ Ron

6:00pm
YOGA
w/ Patty
STARTING 11/24

10:00am
ZUMBA
w/ Kris

STUDIO22FIT.COM

67 Old Hojack Lane - Hilton, NY 14468





Due to Covid-19 and New York State restrictions class numbers are limited and pre-registration is required for both live and virtual classes. Daily class registration will begin at 12pm for that evening/next morning classes.

To register you will need to call the Front Desk at 585.366.4295 to reserve your spot. You are only able to reserve a spot for yourself (or anyone else on your account) Non-Members are required to pay \$8 class drop in over the phone at time of registration to reserve a spot!



**FACEMASKS ARE
REQUIRED AT ALL
TIMES!**



Combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training



A total-body workout with a variety of strength-training moves, cardio conditioning, and core work. In every class you'll tone strong, lean muscle, and together, you'll bust through any plateau that stands in your way!



Strength, Core and Balance for Active Aging
A combination of chair based and standing exercises designed to help increase strength, flexibility, core stability and balance to help improve daily life activities and reduce the risk of falls. All fitness levels welcome, modifications will be demonstrated.

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NOVEMBER 2020 CLASS DESCRIPTIONS

Yoga FOUNDATIONS

Focuses on building a strong and safe foundation for your yoga practice, whether you are a beginner or have spent half your life on your yoga mat. Learn to balance your body, focus your mind, and listen deeply in order to create a sustainable, suitable, life-enhancing practice that changes and evolves along with you

vinyasa yoga

In this Vinyasa class you will be linking breath and movement, all poses can be modified to be accessible to every yoga practitioner. This is a flowing practice that cultivates flexibility, balance, strength, focus, and endurance.

VIRTUAL CLASSES

All Classes are also offered virtually. Registration is still required by calling us at 585.366.4295

