

WORLD GYM GREECE

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45pm Spin with Val - (\$15 drop-in fee)	5:00pm Spin with Val - (\$15 drop-in fee)		5:00pm Zumba with Holly and Michelle		10:00am Zumba with Ann	10:30am Bootcamp with Josie (\$5 drop- in fee)
	6:00pm Zumba with Ann		6:00pm Soul Line Dancing with Jackie (\$7 drop-in fee)			

Class Description

Zumba® is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

Spin is a low-impact, high-intensity workout focusing on endurance, strength, intervals, high intensity, and recovery that takes place on a stationary bike inside our studio.

Soul Line Dancing is a dance class where dancers learn basic steps, rhythms, and routines choreographed to R&B, Motown, and contemporary music

Bootcamp is a cardio based class incorporating bodyweight and light resistance training