

## **LIVE STREAM MAY 15-16 GLOBAL FITNESS WEEKEND 1 HOUR CLASS SCHEDULE**

### **SATURDAY MAY 15, 2021**

**10:00-10:30am FREE if registering for any class(es) "Meet the IFTA Owners – Welcome to the Weekend!"**

**11:00am – 12:00pm**

STRENGTH: STRENGTH + CARDIO INTERVALS – CARTER COLLINS  
STRETCH: DYNAMIC & STATIC STRETCHING – CARRIE SMITH

**12:15 – 1:15pm**

STRENGTH: PACKED PYRAMID – DARISE BARRON  
SENIOR: BALANCE FOR BOOMERS – MARLENE JENKINS

**1:30 – 2:30pm**

FOAM ROLLER: FOAM & FASCIA (no foam roller needed) – DARISE BARRON \*POPULAR CLASS ALERT!  
STRENGTH: BOOTY BUILD – ROZ SINGLETON

**2:45 – 3:45pm**

CARDIO: KICKBOX HIIT – ESTER MARSH  
TRX: TRX FOR SENIORS – CARRIE SMITH

**4:00 – 5:00pm**

FUSION: STRENGTH, BALANCE & FLEXIBILITY – ESTER MARSH \* POPULAR CLASS ALERT!  
AQUA: AROUND THE WORLD AQUA (no pool needed, taught on the "deck") - MARLENE JENKINS  
BOOTCAMP: BOOTCAMP FINISHERS – DARCY KENT

### **SUNDAY MAY 16, 2021**

**11:00am – 12:00pm**

YOGA: YOGA STRENGTH FUSION – LILLY CALTIS  
DANCE: SWEATIN' TO THE RHYTHM! – CHARLES BANKS

**12:15 – 1:15pm**

SPECIALTY - FUNCTIONAL: ALIGNMENT & BALANCE - LILLY CALTIS  
STRETCH: STRENGTHENING STRETCH – MARLENE JENKINS  
SENIOR: KICKBUTT SENIOR WORKOUT PLANS – CARRIE SMITH

**1:30 – 2:30pm**

LECTURE: UNDERSTANDING YOUR IMMUNE SYSTEM – CARTER COLLINS  
STRENGTH: HARD BODY SCULPT – SHERETA MIDDLETON  
NUTRITION: MEAL PLANNING 101 – ADITA LANG

**2:45 – 3:45pm**

FOAM ROLLER: ROLLING IT OUT – DAKOTA FOX  
SENIOR: PERSONAL TRAINING FOR THE AGING POPULATION – CARRIE SMITH  
LECTURE: BUSINESS & MARKETING FOR THE HEALTH PROFESSIONAL – ADITA LANG  
STRENGTH: FULL BODY MUSCLE WORKOUT – GAY GASPER

**4:00 – 5:00pm**

HIIT: HIIT ABSOLUTE ZERO – DARCY KENT  
SENIOR PILATES: PILATES 55+ LILLY CALTIS