

ACTIVE ADULT SMALL GROUP PERSONAL TRAINING SCHEDULE BY *ABSOLUTE FITNESS LLC*

**STRENGTH, CORE, BALANCE & CARDIO WORKOUT FOR THE
ACTIVE OLDER ADULT IN A CIRCUIT FORMAT**

EFFECTIVE DECEMBER 2021

Mondays –

8:45AM - T.B C. - Total Body Circuit- 45 minutes of vigorous intensity -Lake Gaston Fitness Center

10:15AM- Small Group St. Peter the Apostle Catholic Church 31 Ebony Rd Ebony VA

6:30PM – Small Group – Lake Gaston Fitness Center

Wednesdays –

7:30AM – Senior Fitness -Lake Gaston Fitness 30 minutes

10:15AM – Small Group Lake Gaston Chamber of Commerce Building 2357 Eaton Ferry Rd Littleton NC

Fridays –

7:30AM or 8:40AM Small Group

Prospect Methodist Church 1974 Ebony Rd Ebony VA

All sessions 45 minutes moderate intensity with a 30 minute option unless stated otherwise

\$12.00 - 30 minute sessions or \$14.00 - 45 minute sessions

Includes a personal trainer with the fun of a group and a private Facebook page to assist you with your fitness goals

QUESTIONS CONTACT MARIBETH HODGE –

**MHODGE050@MSN.COM OR FACEBOOK/ABSOLUTE
FITNESS LLC**

LAKE GASTON FITNESS CENTER WINTER SCHEDULE 2021

Monday **T.B.C. Total Body Circuit with a Personal Trainer –**

8:45-9:30AM \$14.00 member fee

Yin Yoga – 10AM-11AM \$2.00/member

Small Group Personal Training – 6:30-7:15PM \$14.00

Wednesday **Senior Small Group Personal Training - 7:30-8AM \$10.00**

Core Xpress – 9:00-9:30AM FREE to members

Thursday **Vinyasa Yoga 9-10AM \$2.00/member**

**CHECK FACEBOOK OR WEBSITE
FOR ANY MONTHLY CHANGES TO SCHEDULE**

Questions??? Please contact Lake Gaston Fitness

info@lakegastonfitness.com

[Non-members always welcome for additional fees 6/21](#)

You are one **YOGA** Class
Away from a better mood!

Join us at Lake Gaston Fitness Center
(362 Lizard Creek Rd., Littleton)
For a YOGA class to suit your needs.

All Levels of participants are welcome to any class
Members AND non-members welcome!!!!

Monday 10:00-11:00 AM **YIN YOGA**. Working the deep tissues of the body, in YIN YOGA we engage in a slow, relaxing practice. We hold poses ON THE MAT for up to 3 minutes.

Thursday 9:00-10:00 AM **VINYASA YOGA**. Sequences in this class are at a moderate to semi vigorous pace. Sun Salutations (in varied forms) are at the basis of this class. We strive to achieve a balance physically, mentally and spiritually through our movements and mindfulness.

Monday and Friday classes are \$2 with a gym membership. Non-members are welcome with a \$12 fee. Cash or checks for \$20 or more to Barb Pucci for a number of classes.

Please bring your own YOGA MAT, blocks and a strap to class. We have a very limited number of extra equipment available.

Any additional questions? Contact Barbara Pucci at
momabquiltin@gmail.com or the Fitness Center at
info@lakegastonfitness.com 252-776-0156.