

# Prime Time Fitness



## FREE Fitness Classes



**GET FIT**



**HAVE FUN**



**BE ACTIVE**

**Dates:** Classes begin Monday, August 20<sup>th</sup>

**Days:** Mondays, Wednesdays, and Fridays

**Times:** 10:00-10:45 (Intermediate Fitness Level)\*  
11:00-11:45 (Beginner Fitness Level)\*\*

**Location:** Performing Arts Conservatory (PAC)  
819 SE 1st Terrace  
Ocala, FL 34471

**Registration:** To register, email Patty at  
[schaubpatty@gmail.com](mailto:schaubpatty@gmail.com)

\* Intermediate Level - Incorporates both high and low impact exercises through circuit training, step aerobics, and floor exercises. Participants will use weights, resistance bands, and stability balls.

\*\* Beginner Level - Low impact with an emphasis on developing muscular flexibility and cardiovascular endurance. Participants will use light hand weights and resistance bands.

\*\*\* Classes for MCPS Employees only.

