Group Fitness Schedule: April 10th - May 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	**Total Rx*** 5:30 - 6:15		**Total Rx*** 5:30 - 6:15		**Total Rx*** 5:30 - 6:15		
5:45							
6:00							
6:15							
7:45						**Total Rx*** 7:45 - 8:30	
8:00							
8:15		**Active Adult Strength & Balance** 8:15 - 9:10	**Fitness Yoga** 8:15-9:10	**Active Adult Strength & Balance** 8:15 - 9:10	**Pilates Plus** 8:15-9:10		
8:30	**Aqua Fit** 8:30-9:25	**Aqua Fit** 8:30-9:25	**Aqua Fit** 8:30-9:25	**Aqua Fit** 8:30 - 9:25	**Aqua Fit** 8:30 - 9:25	**Strong** 8:30 - 9:30	
8:45					**Total Body Blast** 8:30-9:25		
9:00	**TRX FiT*** 8:30 - 9:25			**TRX FiT*** 8:30 - 9:25			
9:15	**Pilates Plus** 9:15 - 10:10	**Body Rock** 9:15 - 10:10	**Pilates Plus** 9:15 - 10:10	**Body Rock** 9:15 - 10:10	**Fitball Workout** 9:30 - 10:25	**Zumba** 9:30 - 10:45	
9:30							
9:45							
10:00							
10:15							
10:30	**Fitness Combo** 10:30 - 11:25	**Active Adult Strength & Balance** (Lower intensity) 10:30 - 11:25	**Fitness Combo** 10:30 - 11:25	**Active Adult Strength & Balance** (Lower Intensity) 10:30 - 11:25		**Kids Zumba 1:00 - 1:55**	
10:45							
11:00							
11:15							
4:00	**Zumba** 4:00 - 5:00			**Kids Zumba 4:15 - 5:15**			
4:15							
4:30							
4:45							
5:30	**Body Rock** 5:30 - 6:25	**Pi-Yo x** 5:15-6:10	**Total Rx* 5:40 - 6:25**	**Zumba** 5:30 - 6:25	**Zumba** 5:30 - 6:30		
5:45			**Zumba Beginner** 5:30 - 6:30				
6:00							
6:15							
6:30	**Zumba** 6:35 - 7:35	**Xco** 6:30 - 7:30 / **Aqua Fit** 6:30 - 7:25		**Aqua Fit** 6:30-7:25	Register at the Front Desk * = Specialty Class (45 Minutes)		
6:45							
7:00							
7:15							
7:30							