

Group Fitness Schedule: July 17th - September 2nd

	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																				
8:00																				
8:15																				
8:30								Aqua Fit 8:30-9:25	TRX FIT* 8:30 - 9:25	Active Adult Strength & Balance 8:15 - 9:10	Aqua Fit 8:30-9:25	Fitness Yoga 8:15-9:10	Aqua Fit 8:30-9:25	Active Adult Strength & Balance 8:15 - 9:10	Aqua Fit 8:30 - 9:25	TRX FIT* 8:30 - 9:25	Pilates Plus 8:15-9:10	Aqua Fit 8:30 - 9:25	Total Body Blast 8:30-9:25	Total Rx* 7:45 - 8:30
8:45																				
9:00								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	Strong 8:30 - 9:30							
9:15																				
9:30								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									
9:45																				
10:00																				
10:15																				
10:30																				
10:45	Zumba 4:00 - 5:00																			
11:00																				
11:15																				
4:00	Body Rock 5:30 - 6:25		Total Rx* 5:40 - 6:25		Zumba 5:30 - 6:25															
4:15																				
4:30																				
4:45																				
5:30	Zumba 6:35 - 7:35				Aqua Fit 6:30-7:25															
5:45																				
6:00																				
6:15																				
6:30																				
6:45																				
7:00																				
7:15																				
7:30																				

Register at the Front Desk
* = Specialty Class (45 Minutes)

