

# Group Fitness Schedule: September 5th -October 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	<b>Total Rx*</b> 5:30 - 6:15		<b>Total Rx*</b> 5:30 - 6:15		<b>Total Rx*</b> 5:30 - 6:15		
5:45							
6:00							
6:15							
7:45	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;"><b>Pilates Plus</b> 9:15 - 10:10</div> <div style="margin-bottom: 5px;"><b>Fitness Combo</b> 10:30 - 11:25</div> <div style="margin-bottom: 5px;"><b>Zumba</b> 4:00 - 5:00</div> <div style="margin-bottom: 5px;"><b>Core Power Yoga</b> 5:45 - 6:30 pm</div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;"><b>Active Adult Strength &amp; Balance</b> 8:15 - 9:10</div> <div style="margin-bottom: 5px;"><b>Body Rock</b> 9:15 - 10:10</div> <div style="margin-bottom: 5px;"><b>Active Adult Strength &amp; Balance (Lower intensity)</b> 10:30 - 11:25</div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;"><b>Fitness Yoga</b> 8:15-9:10</div> <div style="margin-bottom: 5px;"><b>Pilates Plus</b> 9:15 - 10:10</div> <div style="margin-bottom: 5px;"><b>Fitness Combo</b> 10:30 - 11:25</div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;"><b>Active Adult Strength &amp; Balance</b> 8:15 - 9:10</div> <div style="margin-bottom: 5px;"><b>Body Rock</b> 9:15 - 10:10</div> <div style="margin-bottom: 5px;"><b>Active Adult Strength &amp; Balance (Lower Intensity)</b> 10:30 - 11:25</div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;"><b>Pilates Plus</b> 8:15-9:10</div> <div style="margin-bottom: 5px;"><b>Fitball Workout</b> 9:30 - 10:25</div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 5px;"><b>Total Rx*</b> 7:45 - 8:30</div> <div style="margin-bottom: 5px;"><b>Strong 8:30 - 9:30</b></div> <div style="margin-bottom: 5px;"><b>Zumba</b> 9:30 - 10:45</div> </div>	
8:00							
8:15							
8:30							
8:45							
9:00							
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9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
4:00	<b>Zumba</b> 4:00 - 5:00						
4:15							
4:30							
4:45							
5:30	<b>Core Power Yoga</b> 5:45 - 6:30 pm		<b>Total Rx* 5:40 - 6:25</b>		<b>Zumba</b> 5:30 - 6:25	<b>Zumba</b> 5:30 - 6:30	
5:45							
6:00							
6:15							
6:30		<b>Xco Latin Workout</b> 6:30 - 7:45			<b>Aqua Fit</b> 6:30-7:25	Register at the Front Desk * = Specialty Class (45 Minutes)	
6:30							
6:45							
7:00							
7:15							
7:30							

