

Group Fitness Schedule: October 30th - December 16th

	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
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		Zumba 9:30 - 10:45						
9:45																			
10:00																			
10:15																			
10:30								Zumba 4:00 - 5:00											
10:45																			
11:00																			
11:15																			
4:00																			
4:15																			
4:30																			
4:45																			
5:30								Total Rx* 5:40-6:25	Pi-Yo X 5:15-6:10	Zumba Beginner 5:30 - 6:30	Total Rx* 5:40-6:25	Zumba 5:30 - 6:25	Zumba 5:30 - 6:30						
5:45																			
6:00								Xco Latin Workout 6:30 - 7:45	Aqua Fit 6:30 - 7:25	Xco Latin Workout Drop-in 6:30-7:45	Aqua Fit 6:30-7:25								
6:15																			
6:30								Register at the Front Desk * = Specialty Class (45 Minutes)											
6:45																			
7:00																			
7:15																			
7:30																			