

# Group Fitness Schedule: January 2nd - February 17th

	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	<b>Pilates Plus</b> 9:15 - 10:10	<b>Active Adult Strength &amp; Balance</b> 8:15 - 9:10	<b>Fitness Yoga</b> 8:15-9:10	<b>Active Adult Strength &amp; Balance</b> 8:15 - 9:10	<b>Pilates Plus</b> 8:15-9:10									
8:00														
8:15														
8:30								<b>Aqua Fit</b> 8:30-9:25	<b>TRX FIT*</b> 8:30 - 9:25	<b>Aqua Fit</b> 8:30-9:25	<b>Aqua Fit</b> 8:30 - 9:25	<b>TRX FIT*</b> 8:30 - 9:25	<b>Aqua Fit</b> 8:30 - 9:25	<b>Total Body Blast</b> 8:30-9:25
8:45														
9:00								<b>Body Rock</b> 9:15 - 10:10	<b>Body Rock</b> 9:15 - 10:10	<b>Pilates Plus</b> 9:15 - 10:10	<b>Body Rock</b> 9:15 - 10:10	<b>Fitball Workout</b> 9:30 - 10:25	<b>Strong 8:30 - 9:30</b>	<b>Zumba</b> 9:30 - 10:45
9:15														
9:30								<b>Fitness Combo</b> 10:30 - 11:25	<b>Active Adult Strength &amp; Balance (Lower intensity)</b> 10:30 - 11:25	<b>Fitness Combo</b> 10:30 - 11:25	<b>Active Adult Strength &amp; Balance (Lower Intensity)</b> 10:30 - 11:25			
9:45														
10:00														
10:15														
10:30	<b>Zumba</b> 4:00 - 5:00													
10:45														
11:00														
11:15														
4:00		<b>Total Rx* 5:40</b> 6:25		<b>Zumba Beginner</b> 5:30 - 6:30	<b>Total Rx* 5:40</b> 6:25									
4:15														
4:30														
4:45														
5:30		<b>Xco Latin Workout</b> 6:30 - 7:45	<b>Aqua Fit</b> 6:30 - 7:25		<b>Aqua Fit</b> 6:30-7:25	Register at the Front Desk * = Specialty Class (45 Minutes)								
5:45														
6:00														
6:15														
6:30														
6:45														
7:00														
7:15														
7:30														

