

# Group Fitness Schedule: July 16th - September 1st

	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>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>Zumba</b> 9:30 - 10:45	
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15	<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			
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>XCO Latin Workout 5:30 - 6:20 pm.</b>	<b>Total Rx* 5:40 6:25</b>	<b>Core Power Yoga 5:15- 6:10</b>	<b>Zumba Beginner 5:30 - 6:30</b>	<b>Total Rx* 5:40 6:25</b>	<b>Zumba 5:30 - 6:25</b>	<b>Taekwondoe 6:00 - 8:00 pm</b>
5:45							
6:00							
6:15							
6:30	<b>Taekwondoe 6:45 pm - 8:00 pm</b>		<b>Aqua Fit 6:30 - 7:25</b>	<b>Taekwondoe 6:45 pm - 8:00 pm</b>	<b>Aqua Fit 6:30-7:25</b>		
6:45							
7:00							
7:15							
7:30							

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