

Group Fitness Schedule: July 16th - September 1st

	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																																																																																												
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7:45	<table border="1"> <tr> <td>8:00</td> <td rowspan="2">Aqua Fit 8:30-9:25</td> <td rowspan="2">TRX FIT* 8:30 - 9:25</td> <td rowspan="2">Active Adult Strength & Balance 8:15 - 9:10</td> <td rowspan="2">Aqua Fit 8:30-9:25</td> <td rowspan="2">Fitness Yoga 8:15-9:10</td> <td rowspan="2">Aqua Fit 8:30-9:25</td> <td rowspan="2">Active Adult Strength & Balance 8:15 - 9:10</td> <td rowspan="2">Aqua Fit 8:30 - 9:25</td> <td rowspan="2">TRX FIT* 8:30 - 9:25</td> <td rowspan="2">Pilates Plus 8:15-9:10</td> <td rowspan="2">Aqua Fit 8:30 - 9:25</td> <td rowspan="2">Total Body Blast 8:30-9:25</td> <td rowspan="2">Strong 8:30 - 9:30</td> </tr> <tr> <td>8:15</td> </tr> <tr> <td>8:30</td> <td rowspan="2">Pilates Plus 9:15 - 10:10</td> <td rowspan="2">Body Rock 9:15 - 10:10</td> <td rowspan="2">Pilates Plus 9:15 - 10:10</td> <td rowspan="2">Body Rock 9:15 - 10:10</td> <td rowspan="2">Fitball Workout 9:30 - 10:25</td> <td rowspan="2">Zumba 9:30 - 10:45</td> </tr> <tr> <td>8:45</td> </tr> <tr> <td>9:00</td> <td rowspan="2">Fitness Combo 10:30 - 11:25</td> <td rowspan="2">Active Adult Strength & Balance (Lower intensity) 10:30 - 11:25</td> <td rowspan="2">Fitness Combo 10:30 - 11:25</td> <td rowspan="2">Active Adult Strength & Balance (Lower Intensity) 10:30 - 11:25</td> <td rowspan="2"></td> <td rowspan="2"></td> </tr> <tr> <td>9:15</td> </tr> <tr> <td>9:30</td> <td rowspan="4">Zumba 4:00 - 5:00</td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> </tr> <tr> <td>9:45</td> </tr> <tr> <td>10:00</td> </tr> <tr> <td>10:15</td> </tr> <tr> <td>10:30</td> <td rowspan="4">XCO Latin Workout 5:30 - 6:20 pm.</td> <td rowspan="4">Total Rx* 5:40 6:25</td> <td rowspan="4">Core Power Yoga 5:15- 6:10</td> <td rowspan="4">Zumba Beginner 5:30 - 6:30</td> <td rowspan="4">Total Rx* 5:40 6:25</td> <td rowspan="4">Zumba 5:30 - 6:25</td> <td rowspan="4">Taekwondoe 6:00 - 8:00 pm</td> </tr> <tr> <td>10:45</td> </tr> <tr> <td>11:00</td> </tr> <tr> <td>11:15</td> </tr> <tr> <td>4:00</td> <td rowspan="4">Taekwondoe 6:45 pm - 8:00 pm</td> <td rowspan="4"></td> <td rowspan="4">Aqua Fit 6:30 - 7:25</td> <td rowspan="4">Taekwondoe 6:45 pm - 8:00 pm</td> <td rowspan="4"></td> <td rowspan="4">Aqua Fit 6:30-7:25</td> <td rowspan="4"> Register at the Front Desk * = Specialty Class (45 Minutes) </td> </tr> <tr> <td>4:15</td> </tr> <tr> <td>4:30</td> </tr> <tr> <td>4:45</td> </tr> <tr> <td>5:30</td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> </tr> <tr> <td>5:45</td> </tr> <tr> <td>6:00</td> </tr> <tr> <td>6:15</td> </tr> <tr> <td>6:30</td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> </tr> <tr> <td>6:45</td> </tr> <tr> <td>7:00</td> </tr> <tr> <td>7:15</td> </tr> <tr> <td>7:30</td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> <td rowspan="4"></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> </table>	8:00	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	Strong 8:30 - 9:30	8:15	8:30	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	Zumba 9:30 - 10:45	8:45	9:00	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			9:15	9:30	Zumba 4:00 - 5:00						9:45	10:00	10:15	10:30	XCO Latin Workout 5:30 - 6:20 pm.	Total Rx* 5:40 6:25	Core Power Yoga 5:15- 6:10	Zumba Beginner 5:30 - 6:30	Total Rx* 5:40 6:25	Zumba 5:30 - 6:25	Taekwondoe 6:00 - 8:00 pm	10:45	11:00	11:15	4:00	Taekwondoe 6:45 pm - 8:00 pm		Aqua Fit 6:30 - 7:25	Taekwondoe 6:45 pm - 8:00 pm		Aqua Fit 6:30-7:25	Register at the Front Desk * = Specialty Class (45 Minutes)	4:15	4:30	4:45	5:30								5:45	6:00	6:15	6:30								6:45	7:00	7:15	7:30										
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