

Group Fitness Schedule: September 4th - October 20th

	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	Pilates Plus 9:15 - 10:10	Active Adult Strength & Balance 8:15 - 9:10	Fitness Yoga 8:15-9:10	Active Adult Strength & Balance 8:15 - 9:10	Pilates Plus 8:15-9:10									
8:00														
8:15														
8:30								Aqua Fit 8:30-9:25	TRX FIT* 8:30 - 9:25	Aqua Fit 8:30-9:25	Aqua Fit 8:30 - 9:25	TRX FIT* 8:30 - 9:25	Total Body Blast 8:30-9:25	
8:45														
9:00								Body Rock 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			
9:45														
10:00														
10:15														
10:30	Zumba 4:00 - 5:00													
10:45														
11:00														
11:15														
4:00	XCO Latin Workout 5:30 - 6:20 pm.	Total Rx* 5:40 6:25		Zumba Beginner 5:30 - 6:30	Total Rx* 5:40 6:25									
4:15														
4:30														
4:45														
5:30	Taekwondoe 6:45 pm - 8:30 pm				Zumba 5:30 - 6:25	Taekwondoe 6:00 - 8:00 pm								
5:45														
6:00														
6:15														
6:30								Aqua Fit 6:30 - 7:25	Taekwondoe 6:45 pm - 8:30 pm		Aqua Fit 6:30-7:25			
6:45														
7:00														
7:15														
7:30														

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

