

Group Fitness Schedule: October 22nd - December 15th

	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	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Pilates Plus 9:15 - 10:10</p> </div> <div style="width: 15%;"> <p>Aqua Fit 8:30-9:25</p> </div> <div style="width: 15%;"> <p>TRX FIT* 8:30 - 9:25</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Active Adult Strength & Balance 8:15 - 9:10</p> </div> <div style="width: 15%;"> <p>Aqua Fit 8:30-9:25</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Fitness Yoga 8:15-9:10</p> </div> <div style="width: 15%;"> <p>Aqua Fit 8:30-9:25</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Active Adult Strength & Balance 8:15 - 9:10</p> </div> <div style="width: 15%;"> <p>Aqua Fit 8:30 - 9:25</p> </div> <div style="width: 15%;"> <p>TRX FIT* 8:30 - 9:25</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Pilates Plus 8:15-9:10</p> </div> <div style="width: 15%;"> <p>Aqua Fit 8:30 - 9:25</p> </div> <div style="width: 15%;"> <p>Total Body Blast 8:30-9:25</p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Strong 8:30 - 9:30</p> </div> </div>	
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30	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			
10:45							
11:00							
11:15							
4:00	Zumba 4:30 - 5:00						
4:15							
4:30							
4:45							
5:30	XCO Latin Workout 5:30 - 6:20 pm.	Total Rx* 5:40 6:25					
5:45							
6:00							
6:15							
6:30	Taekwondoe 6:45 pm - 8:30 pm						
6:45							
7:00							
7:15							
7:30							

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

