

# Group Fitness Schedule: September 4th - October 20th

	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>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</b> 8:30 - 9:30
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		<b>Zumba</b> 9:30 - 10:45
9:45													
10:00													
10:15													
10:30													
10:45													
11:00													
11:15													
4:00													
4:15													
4:30	<b>Zumba</b> 4:30 - 5:30												
4:45													
5:30	<b>XCO Latin Workout 5:30 - 6:20 pm.</b>	<b>Total Rx* 5:40 - 6:25</b>		<b>Zumba Beginner</b> 5:30 - 6:30	<b>Total Rx* 5:40 - 6:25</b>								
5:45													
6:00													
6:15													
6:30	<b>Taekwondoe 6:45 pm - 8:30 pm</b>												
6:30													
6:45								<b>Aqua Fit</b> 6:30 - 7:25	<b>Taekwondoe 6:45 pm - 8:30 pm</b>		<b>Aqua Fit</b> 6:30-7:25		
7:00													
7:15													
7:30													

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

