

Group Fitness Schedule: February 18th - April 6th 2019

	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					Yoga Balance, Breath, and Brain		Total Rx* 7:30 - 8:15								
8:00															
8:15					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
8:30															
8:45					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					
8:50															
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															
9:45															
10:00															
10:15															
10:30															
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	Pi-Yo x 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							
5:45															
6:00															
6:15															
6:30	Taekwondoe 6:45 pm - 8:30 pm				Aqua Fit 6:30 - 7:25		Aqua Fit 6:30-7:25	Register at the Front Desk * = Specialty Class (45 Minutes)							
6:30															
6:45															
7:00															
7:15															
7:30															

