

Group Fitness Schedule: February 17th - April 4th

	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															
8:00																				
8:15																				
8:30								Aqua Fit 8:30-9:25	Total Body Blast 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	Total Rx* 7:30 - 8:15
8:45																				
9:00								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	XCO 8:30 - 9:30							
9:15																				
9:30																				
9:45								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									
10:00																				
10:15																				
10:30																				
10:45	Zumba 4:30 - 5:00																			
4:00																				
4:15																				
4:30	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	Barre 5:45 - 6:30														
4:45																				
5:30																				
5:45																				
6:00	Taekwondoe 6:45 pm - 8:30 pm	H.I.L.L.T 6:30 - 7:25	Aqua Fit 6:30 - 7:25	Taekwondoe 6:45 pm - 8:30 pm	Aqua Fit 6:30-7:25	Register at the Front Desk * = Specialty Class (45 Minutes)														
6:15																				
6:30																				
6:45																				
7:00																				
7:15																				
7:30																				

