



FITNESS CLASSES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15a	Early Riders Spin		Early Riders Spin		
8:00a	Zumba Step/Toning		Zumba Step/Toning		Moves & Muscles
9:00a	9:05a Pilates Fit	Floor, Core, & More	9:05a Pilates Fit	Floor, Core, & More	9:05a Pilates Fit
10:00a	10:00a Rock Steady Boxing	10:00a Chair Yoga	10:00a Rock Steady Boxing	10:00a Chair Yoga	10:15a Silver Sneakers Classic
	10:15a Silver Sneakers Classic	10:00a Lite Dance Aerobics	10:15a Silver Sneakers Classic	10:00a Lite Dance Aerobics	
11:00a	11:05a Zumba Gold	Dance Aerobics	11:05a Zumba Gold	Dance Aerobics	11:05 Yoga Stretch
4:00p					Closed at 4:30p
5:00p	Spin with Jen (45 min.)	5:15p-6:00p POUND Fit	Spin with Jen (45 min.)	5:15p-6:00p POUND Fit	Closed at 4:30p
6:00p	6:00p Barre Fit 6:00p Piloxing	6:00p Yoga Stretch 6:00p Zumba	6:00p Barre Fit 6:00p Piloxing	6:00p Yoga Stretch 6:00p Zumba	Closed at 4:30p
7:00p		Totally Toned		Totally Toned	Closed at 4:30p