

Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8:45 - 9:30 am
Water Fitness
 M \$0 PP \$65

10 - 10:45 am
Have A Seat
 M \$0 PP \$65

8:45 - 9:30 am
Water Fitness
 M \$0 PP \$65

10 - 10:45 am
Have A Seat
 M \$0 PP \$65

9:45 - 10:30 am
Water Arthritis
 M \$0 PP \$65

9 - 9:45 am
Circuit Training
 M \$0 PP \$40

9:45 - 10:30 am
Water Arthritis
 M \$0 PP \$65

11 - 11:45 am
Gentle Lift
 M \$0 PP \$65

10 - 10:45 am
Silver Sneakers Classic
 M \$0 PP \$65

11 - 11:45 am
Gentle Lift
 M \$0 PP \$65

10 - 10:45 am
Silver Sneakers Classic
 M \$0 PP \$65

5:15 - 6:15 pm
Cardio Step
 M \$0 PP \$65

9:45 - 10:30 am
Water Arthritis
 M \$0 PP \$65

5:15 - 6:15 pm
Glute Camp
 M \$0 PP \$40

12:15 - 12:45 pm
Circuit Training
 M \$0 PP \$40

11:30 - 1:00 pm
Line Dancing
 M \$0 PP \$40

4:30 - 5:45 pm
Strong
 M \$0 PP \$65

12:15 - 12:45 pm
Circuit Training
 M \$0 PP \$40

6:30 - 7:15 pm
Indoor Cycling
 M \$0 PP \$40

4:30 - 5:45 pm
Strong
 M \$0 PP \$65

5:15 - 6:15 pm
Cardio Step
 M \$0 PP \$65

6:30 - 7:15 pm
Indoor Cycling
 M \$0 PP \$40



All Classes included with your membership.

Subject to change based on instructor availability.

Prices are for a 7 week session not per class.