


Group Fitness Class Schedule: 9/09/24 - 9/15/24

FOR YOUTH DEVELOPMENTSM
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(S)- Upstairs Studio							
(P)- Pool							
(G)- Basketball Gym		6:15-7:00AM Spin Class (S) (Don)	6:15AM -7:00AM Basketball Fitness Class Lavar (G) pc	6:15-7:00AM Spin Class (S) (Don)			
(Sp)- Spinning Studio	7:00-7:45AM Abs & Tone (S) (Don)				7:00-7:45AM Abs & Tone (S) (Don)		
(Rc)- Racquetball Court						8:00-8:45AM Spin With Don (Spin Room) (Don)	8:15-9:00AM Sunrise Yoga (S) (Armen)
	9:00-9:45AM Silver Splash (P) (Angela)	9:00 - 9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Aqua Zumba (P) (Angela)	9:00-9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Silver Splash (P) (Angela)	9:00-9:45AM Aqua Flex (P) (Tracy)	9:00-9:45AM Spin With Don (Spin Room) (Don)
	10:00-10:45AM Zumba Gold (S) (Angela)	10:00 - 10:45AM Water Funk (P) (Offutt)	10:00-10:45AM Silver Sneakers (G) (Angela)	10:00-10:45AM Water Funk (P) (Offutt)	10:00-10:45AM Zumba Gold (G) (Angela)		
Facility Hours:							
M-F: 6AM-9PM			11:00-11:45AM Zumba Toning (G) (Angela)		11:00-11:45AM Super 7 Stretch (S) (Angela)		
Sat: 7AM-6PM							
Sun: 8AM-6PM	12:00- 12:45PM Tai-Chi (S) (Angela)		12:00- 12:45PM Tai-Chi (S) (Angela)		12:00-12:45PM Better Balance (S) (Angela)		
		5:45-6:45PM Abs & Tone (S) (Don)	5:00-5:45PM Teen Holistic Warrior (S) (Offutt)		1:00PM - 1:45PM (S) Toddler Movement		
Five participants must be in attendance for class to take place	6:00-6:45PM Cardio Kickboxing (S) (Kila)			6:00-6:45PM Deep Water Cond. (P) (Offutt)			
			6:00-6:45PM Strong, Sculpted & Flexible (S) (Kila)	7:00-7:45PM ZenGravity Yoga (S) (Gilda)			