

Group Fitness Class Schedule: 11/01/24 - 11/30/24 ***closed on Thanksgiving Day**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(S)- Upstairs Studio							
(P)- Pool							
(G)- Basketball Gym		6:15-7:00AM Spin Class (SP) (Don)	6:00-6:45AM Basketball Fitness Class Lavar (G) PC	6:15-7:00AM Spin Class (SP) (Don)			
(Sp)- Spinning Studio							
(Rc)- Racquetball Court	7:00-7:45AM Abs & Tone (S) (Don)	7:00-7:45AM Yoga with weights (S) (Gilda)			7:00-7:45AM Abs & Tone (S) (Don)	8:00-8:45AM Flex and Flow (S) (Lavar)	
						8:00-8:45AM Spin With Don (SP) (Don)	8:15-9:00AM Yoga with weights (S) (Gilda)
	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)	9:15-10:00AM Spin With Don (SP) (Don)
	10:00-10:45AM Zumba Gold (G) (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)	11:00-11:45AM Self-Defense (half-court)	
			11:00-11:45AM Zumba Toning (G) (Angela)		11:00-11:45AM Super 7 Stretch (G) (Angela)		
	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)				
	6:00-6:45PM Cardio Kickboxing (S) (Kila)		6:00-6:45PM Strong, Sculpted & Flexible (S) (Kila)	6:00-6:45PM Deep Water Cond. (P) (Offutt)			
	7:30PM -8:15PM Flex and Flow (Lavar) (G) PC			7:00-7:45PM Yoga with weights (S) (Gilda)			



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours:

M-F: 6AM-9PM

Sat: 7AM-6PM

Sun: 8AM-6PM

*Reservations must be made for water fitness classes 48hrs prior

Five participants must be in attendance for class to take place

