

Group Fitness Class Schedule: 12/23/24 - 12/29/24 *3:00PM & 12:00 PM Early Closing 24&31 Closed 25& Jan.1

- (S)- Upstairs Studio
- (P)- Pool
- (G)- Basketball Gym
- (Sp)- Spinning Studio
- (Rc)- Racquetball Court



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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		6:15-7:00AM Spin Class (SP) (Don)	CLOSED for Christmas & New Year's Day	6:15-7:00AM Spin Class (SP) (Don)				
	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 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 Water Funk (P) (Offutt)	10:00-10:45AM Zumba Gold (G) (Angela)	11:00-11:45AM Self-Defense (half-court)	
		CLOSED at 3:00 PM on Christmas Eve & 12:00 PM on New Year's Eve				11:00-11:45AM Super 7 Stretch (G) (Angela)		
	12:00- 12:45PM Tai-Chi (S) (Angela)					12:00-12:45PM Better Balance (S) (Angela)		
	6:00-6:45PM Cardio Kickboxing (S) (Kila)				6:00-6:45PM Deep Water Cond. (P) (Offutt)	6:00-6:45PM Piloxing Fusion (S) (Kila)		
	7:30PM -8:15PM Flex and Flow (Lavar) (G) PC				7:00-7:45PM Yoga with weights (S) (Gilda)			