

Group Fitness Class Schedule: 1/01/25 - 1/31/25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(S)- Upstairs Studio							
(P)- Pool			6:00-6:45AM Basketball Fitness Class Lavar (G) PC (S+)	6:15-7:00AM Spin Class (SP) (Don) (S+)			
(G)- Basketball Gym		6:15-7:00AM Spin Class (SP) (Don) (S+)					
(Sp)- Spinning Studio	7:00-7:45AM Abs & Tone (S) (Don) (S+)	7:00-7:45AM Yoga with weights (S) (Gilda) (S+)			7:00-7:45AM Abs & Tone (S) (Don) (S+)	8:00-8:45AM Flex and Flow (S) (Lavar) (S+)	
(Rc)- Racquetball Court						8:00-8:45AM Spin With Don (SP) (Don) (S+)	8:15-9:00AM Yoga with weights (S) (Gilda) (S+)
	9:00-9:45AM Silver Splash (P) (Angela) SS/RA	9:00 - 9:45AM Water Funk (P) (Offutt) (S+)	9:00-9:45AM Aqua Zumba (P) (Angela) (S+)	9:00-9:45AM Water Funk (P) (Offutt) (S+)	9:00-9:45AM Silver Splash (P) (Angela) SS/RA	9:00-9:45AM Aqua Flex (P) (Tracy) (S+)	9:15-10:00AM Spin With Don (SP) (Don). (S+)
	10:00-10:45AM Zumba Gold (G) (Angela) (S+)	10:00-10:45AM Water Funk (P) (Offutt) SS/RA	10:00-10:45AM Silver Sneakers (G) (Angela) SS/RA	10:00-10:45AM Water Funk (P) (Offutt) SS/RA	10:00-10:45AM Zumba Gold (G) (Angela) (S+)	12:00-12:45PM Self-Defense (half-court) (PP)	
			11:00-11:45AM Zumba Toning (G) (Angela) (S+)		11:00-11:45AM Super 7 Stretch (G) (Angela). SS/RA		
	12:00- 12:45PM Tai- Chi (S) (Angela) SS/RA		12:00- 12:45PM Tai- Chi (S) (Angela) SS/RA		12:00-12:45PM Better Balance (S) (Angela) (S+)		
		5:45-6:45PM Abs & Tone (S) (Don) (S+)					
			6:00-6:45PM Strong, Sculpted & Flexible (S) (Kila) (S+)	6:00-6:45PM Deep Water Cond. (P) (Offutt) (S+)	6:00-6:45PM Piloxing Fusion (S) (Kila) (S+)		
	7:30-8:15PM Flex and Flow (Lavar) (G) PC (S+)		7:00-7:45PM Adult Ballet - Sofia (S) (PP)	7:00-7:45PM Yoga with weights (S) (Gilda) (S+)			
			8:00-8:45PM Latin Dance - Sofia (S) (PP)				



Facility Hours:
M-F: 6AM-9PM
Sat: 7AM-6PM
Sun: 8AM-6PM

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

SS/RA - Free Class
Silver Plus - (S+)

Piloxing starts 1/10