

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Members Only					
AQUA JOG 8:00-8:45am	AQUA JOG 8:00-8:45am	AQUA JOG 8:00-8:45am	AQUA JOG 8:00-8:45am	AQUA JOG 8:00-8:45am	
	SILVER SNEAKERS 10:30-11:15am w/ Kyreek	ZUMBA GOLD 10:30-11:30am w/ Sue	SILVER SNEAKERS 10:30-11:15am w/ Kyreek		
	WATER FITNESS 1:00-1:45pm		WATER FITNESS 1:00-1:45pm		
YOGA* 5:00-6:00pm w/ Gina	PILATES* 5:00-6:00pm w/ Jeannie		CARDIO STEP* 5:00-5:45pm w/ James		
	PICKEL BALL 5:30-7:00pm		PICKEL BALL 5:30-7:00pm		reservations required
R.I.P.P.E.D 6:00-7:00pm w/ Jennifer		CARDIO STEP 6:00-7:00pm w/ Holly	HIIT* 6:00-6:30pm w/ James		REVISED 8/28/2020

Subject to change and/or substituted.

*OUTSIDE weather permitting