

# FITNESS SCHEDULE

## Members Only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PICKEL BALL</b> 6:30-8:30am		<b>PICKEL BALL</b> 6:30-8:30am		
<b>AQUA JOG</b> 8:00-8:45am	<b>AQUA JOG</b> 8:00-8:45am	<b>AQUA JOG</b> 8:00-8:45am	<b>AQUA JOG</b> 8:00-8:45am	<b>AQUA JOG</b> 8:00-8:45am	
<b>ENHANCED FITNESS</b> 10:00-10:45am w\ Kyreek	<b>SILVER SNEAKERS</b> 10:30-11:15am w/ Kyreek	<b>ENHANCED FITNESS</b> 10:00-10:45am w\ Kyreek	<b>SILVER SNEAKERS</b> 10:30-11:15am w/ Kyreek		
<b>ZUMBA GOLD</b> 11:00-12:00Pm w/ Sue	<b>STEPPING GOLD</b> 11:30am-12:30pm w/Holly	<b>ZUMBA GOLD</b> 11:00-12:00Pm w/ Sue			
	<b>WATER FITNESS</b> 1:00-1:45pm		<b>WATER FITNESS</b> 1:00-1:45pm		
<b>YOGA*</b> 5:00-6:00pm w/ Gina	<b>PILATES*</b> 5:00-6:00pm w/ Jeannie		<b>STEPPING GOLD*</b> 5:00-6:00pm w/ Holly		
<b>R.I.P.P.E.D</b> 5:30-6:30pm w/ Jennifer					
<b>Starts 11/10</b>	<b>AQUA JOG</b> 6:00-6:45pm w/ Robin	<b>CARDIO STEP*</b> 6:00-6:45pm w/ James	<b>HIIT*</b> 6:00-6:30pm w/ James		<b>REVISED</b> <b>10/21/2020</b>

Subject to change and/or substituted.

\*OUTSIDE weather permitting