

FITNESS SCHEDULE

Members Only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKEL BALL 6:30-8:30am		PICKEL BALL 6:30-8:30am		
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	
ENHANCED FITNESS 10:00-10:45am w\ Kyreek	SILVER SNEAKERS 10:30-11:15am w/ Kyreek	ENHANCED FITNESS 10:00-10:45am w\ Kyreek	SILVER SNEAKERS 10:30-11:15am w/ Kyreek		
ZUMBA GOLD 11:00-12:00Pm w/ Sue	STEPPING GOLD 11:30am-12:30pm w/Holly	TONING 11:00-12:00pm w/ Holly	ZUMBA GOLD 11:30-12:30Pm w/ Sue		
	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		TONING 5:00-6:00pm w/ Holly		
R.I.P.P.E.D 5:30-6:30pm w/ Jennifer	HIIT 6:00-6:30pm w/ James				
	AQUA JOG 6:00-6:45pm w/ Robin	CARDIO STEP 6:00-6:45pm w/ James	HIIT 6:00-6:30pm w/ James		REVISED 2/17/2021

Subject to change and/or substituted.