

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKEL BALL 6:30-8:30am		PICKEL BALL 6:30-8:30am		
AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	
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	CARDIO STEP 5:15-6:00pm w/ James	RUN CLUB 5:00-6:00pm w/ James		
R.I.P.P.E.D 5:30-6:30pm w/ Jennifer	RUN CLUB 5:00-6:00pm w/ James	HITT N GRITT 6:15-6:45pm w/ Sarah	HIIT 6:00-6:30pm w/ James		*NONMEMBERS PAY THE DAY RATE TO PARTICIPATE
					REVISED 6/1/2021

HOURS: MON.-THUR. 5:30am-8:00pm; FRI. 5:30am-7:00pm; SAT. 7:00am-4:00pm