



Fitness Center Class Schedule

HOURS OF OPERATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM					
6:00-6:45AM	Power Yoga	Cardio Kick	Power Yoga	Cardio Kick	Power Yoga
6:30AM					
7:00AM	Yoga 1		Yoga 1		Yoga 1
8:00AM					
7:30AM					
8:00AM					
8:30AM					
9:00AM					
10:00AM					
10:30-11:30AM					
12:00-12:25PM		Fit Camp	Intro to Exercise	Fit Camp	Fit Camp
12:30-1:00PM	Gentle Yoga Stretch	Pilates	Zumba (Walking Group)	Walking Group	Pilates
1:00-1:30PM	Zumba	Zumba			
2:00PM		Core Training		Core Training	
2:30PM					
3:00PM					
3:45PM	Strength Train	Yoga 1	Strength Training	Zumba	Yoga 1
4:45-5:30			Yoga 1		
5:00-6:00	Boot Camp		Boot Camp		Cardio Kick
5:30:6:30	Zumba		Pilates	Zumba	
6:30PM					
7:00PM					
7:30PM					
8:00PM					

Walk-ins Welcome!

