

Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Cross Training Pilates & Strength 6 - 7:00 AM	Cross Training Cardio 6 - 7:00 AM	Cross Training Pilates & Strength 6 - 7:00 AM	Yoga & Tabata 6 - 7:00 AM		
8:00 AM	Abs 8 - 8:15 AM Yoga 8:15 - 9:15 AM	Stability Yoga Ball 8:15 - 9:15 AM	Abs 8 - 8:15 AM Yoga 8:15 - 9:15 AM	Stability Yoga Ball 8:15 - 9:15 AM		
9:00 AM	Easy Does It 9:15 - 10:15 AM	Just Dance 9:15 - 10:00 AM	Easy Does It 9:15 - 10:15 AM	Just Dance 9:15 - 10:15 AM	Uplift 9:15 - 10:15 AM	Pilates 9:30 - 10:30
10:00 AM		Classic Yoga 10 - 11:00 PM		Classic Yoga 10 - 11:00 AM	Core Yoga 10:15 - 11:00 AM	
11:00 AM	SAIL Fall Prevention 11 - 12:00 PM	Chair Yoga 11 - 12:00 PM	Sail Fall Prevention 11- 12:00 PM	Sit and Be Fit 11 - 12:00 PM		
12:00 PM	Uplift 12:10 - 1:00 PM		Uplift 12:10 - 1:00 PM			
1:00 PM			Line Dance 1:30 - 3 PM			
2:00 PM			Line Dance 1:30 - 3 PM			
5:30 PM	Bootcamp 5:30 - 6:30 PM	Oula 5:30 - 6:30 PM	Bootcamp 5:30 - 6:30 PM	Oula 5:30 - 6:30 PM		
6:30 PM				Line Dance 6:30 - 8:00 PM		



With Laurie
With Colleen B
With Kinnidi

With Jori
With Colleen K
With Jackie

All Fitness Classes are included in your monthly Membership Rate.
No sign-ups are required.
Classes are held in the studio unless noted otherwise.
This schedule is subject to change. Revised April 25