

FITNESS CLASS SCHEDULE

Effective June 24, 2018

ALL FITNESS CLASSES ARE FREE FOR MEMBERS! (AGES 13+PLEASE)



	TIME	STUDIO 50	POOL	GYM
MONDAY				
	6:30 am	Body Conditioning (Randy)		
	9:00 AM	Zumba Gold (Angela)		
	10:00 AM	Chair Yotailates (Michael)	Aqua Zumba (Angela)	
	6:30 PM	Body Fit (Darlene)		
	7:30 PM	Stretch Plus (Darlene)		
TUESDAY				
	9:00 AM		Silver Splash (Tamika)	
	10:00 AM	Sculpt & Stretch (Tamika)		
	6:00 PM			Group Cycling (Charmiane)
	7:00 PM	Zumba (Lisa P.)		
WEDNESDAY				
	6:30 am	Body Conditioning (Randy)		
	9:00 AM	Yoga @ 8:45 am (Erica)	Aquacise (Darlene)	Silver Classic (Tamika)
	10:00 AM	Pilates (Meryl)		Senior Stretch (Tamika)
	7:00 PM	Abs & Back (Randy)		
THURSDAY				
	9:00 AM	Yoga @ 8:45 am (Nora)	Aquacise (Delvyne)	
	10:00 AM	Yotailates (Michael)		
	12:00 PM	Tai Chi (Angela)		
	6:00 PM	Gluts & Abs (Tamika)		
	6:30 PM			Group Cycling (Darlene)
	7:00 PM	Zumba (Tamika)		
FRIDAY				
	9:00 AM		Aquacise (Delvyne)	Silver Classic (Tamika)
	10:15 AM	Zumba Body Sculpt (Tamika)		Chair Stretch (Darlene)
	11:15 AM	Stretch Plus (Darlene)		
SATURDAY				
	7:30 AM	Body Sculpt (Eunice)		
	8:30 AM	Zumba (Sheila N.)		
	9:30 AM		Aquacise (Tracey)	Group Cycling (Delvyne) Last class will be on 7/7/18
SUNDAY				
	9:30 AM	90 Minute Zumba *Every other week starting 6/24/18		
	11:00 AM	Vinyasa Flow Yoga (Kathy)		