



FITNESS SCHEDULE – EFFECTIVE July 1-Jul31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am						
6:30am		Power Pump/ Pilates*		Power Pump/ Pilates*		
8:00am						Yoga Flow* Power Pump ^^
8:30am	Cardio Kickbox- ing*	Senior Core Pole**	Senior Cardio**	Senior Cardio*	Senior Core Pole**	
	Senior Cardio**					
9:00am	Group Cycling^		Group Cycling^	POUND 30**	Group Cycling^	Group Cycling^
9:30am		Power Pump^^ ZUMBA *	Rapid Results	Cycle 30 ^		
9:45am	Tabata *					
10:00am	Silver Sneakers** Classic	Silver Sneakers** Cardio	POUND**	Silver Sneakers** Classic	Silver Sneakers** Classic	
				Strength *	Instructors choice*	
4:30pm	Tabata*	Aerobics* Power Pump^^	Silver Sneakers** Classic	Cycle 30^		
5:00pm			BARRE			
5:15pm				POUND **		
5:30pm	Group Cycling^	POUND	Group Cycling^	Power Pump ^^		
	Core Pole**					
6:00pm	Zumba*	Yoga Flow*				

^^Large Gym *Fitness Studio A **Fitness Studio B ^Cycling Room Rapid Results = Keiser Room

ALL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION

POUND on Tuesday nights will be held at Silver Park sound stage starting at 5:30. Bring a Mat
Senior Cardio on Wednesday's at 8:30 will be walking at Iron Horse Trail, No Classes July 4