



Group Fitness Classes

*No classes May 24. No aquatic fitness classes on May 24, Jun 4 & Jul 2.

Time	Monday	Tuesday	Wednesday	Thursday
7:00am				Indoor Cycling
9:00am		Keep Moving!		Keep Moving!
10:00am				
11:00am		Fire & Water		Hatha Yoga
noon	Deep Water Combo	40-Minute Fitness	Deep Water Combo	40-Minute Fitness
	Deep Water Fitness	Indoor Cycling	Deep Water Fitness	Indoor Cycling
	50-Minute Fitness	Yoga Flow	50-Minute Fitness	
	Yoga Flow		Pilates	
4:00pm			Peaceful Yoga	
5:00pm	Beach Body Boot Cond.	Indoor Cycling	Cardio Mix & Chiselled	Yoga Flow
		Keep Moving!	Cycle & Core	Keep Moving!
		Total Body Cond.	Hatha Yoga	
			Butts & Bellies	
6:00pm	Keep Moving!	Cardio Salsa	Keep Moving!	
	Kardio Kick	Total Body Cond.	Pilates	
7:00pm	Deep Water Fitness	Cardio Salsa	Deep Water Fitness	Outdoor Boot Camp
		Cycle & Core	Cardio Mix & Chiselled	Kick Boxing
		Kick Boxing	Funk Fusion	
		Outdoor Boot Camp		

