




Fitness Schedule

Fall 2020

 Adult (14+)

* Registration Required

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am					Cycle* 7:00-7:45am		
8am						Cycle* 8:00-8:45am	
9am		Cardio Fit* 9:15-10:00am	Dynamic Boxing* 9:15-10:00am	Strength Fit* 9:15-10:00am		TRX/RIP Training* 9:15-10:00am	
		Aquafit* 9:15-10:00am	Aquafit* 9:15-10:00am	Aquafit* 9:15-10:00am	Aquafit* 9:15-10:00am	Aquafit* 9:15-10:00am	
10am							
11am			Gentle Fit* 11:00-12:00pm		Gentle Fit* 11:00-12:00pm		
12pm							
CLOSED FOR ENHANCED CLEANING							
4pm							
5pm		Dynamic Boxing* 5:30-6:15pm		Cardio Fit* 5:30-6:15pm	Functional Fitness* 5:30-6:30pm		
6pm		Yoga* 6:30-7:30pm	Meditation* 6:30-7:00pm	Yoga* 6:30-7:30pm			
		Aquafit* 6:00-6:45pm					

Schedules are subject to change.