




Fitness Schedule

Fall 2020

 Adult (14+)

* Registration Required

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am			Cycle* 7:10-7:55am				
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	Cycle* 9:15-10:00am	TRX-RIP Training* 9:00-9:45am	
		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						TRX-RIP Training* 10:00-10:45am	
11am			Gentle Fit* 11:00-12:00pm		Gentle Fit* 11:00-12:00pm		
12pm							
4pm							
5pm		Dynamic Boxing* 5:30-6:15pm			Functional Fitness* 5:30-6:30pm		
6pm		Yoga* 6:30-7:30pm		Yoga* 6:30-7:30pm			
		Aquafit* 6:15-7:00pm					

Schedules are subject to change.

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