



Fitness Schedule

September 20 - December 11 2021

Registration is required for all fitness classes, 14+ years

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 6:30 - 7:15 AM		CYCLE 6:30 - 7:15 AM		CYCLE 8:15 - 9:00 AM
AQUAFIT 8:15 - 9:00 AM				
HIIT 9:15 - 10:00 AM	STRENGTH FIT 9:15 - 10:00 AM		CYCLE 9:15 - 10:00 AM	CORE FIT 9:10 - 9:30 AM
AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM
			CHAIR YOGA 10:00 - 10:45 AM	<p>Child Minding 6 Months - 5 Years</p> <p><i>Monday - Saturday</i> 9:00 AM - 12:00 PM</p> <p><i>Monday - Thursday</i> 4:30 - 7:00 PM</p>
	GENTLE FIT 11:00 - 12:00 PM		GENTLE FIT 11:00 - 12:00 PM	
AQUAFIT 2:00 - 2:45 PM		AQUAFIT 2:00 - 2:45 PM		
			CYCLE AND STRENGTH 5:30 - 6:30 PM	
HIIT 5:30 - 6:15 PM				
	AQUAFIT 7:15 - 8:00 PM	YOGA 6:00 - 7:15 PM	AQUAFIT 7:15 - 8:00 PM	

Schedules are subject to change.