

FITNESS SCHEDULE

Sept 1st - Sept 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30		Express CrossFIT 6:30am - 7am with Deb		Express Skip Circuit 6:30am - 7am with Deb			
7:00							
7:30					Yoga - Rise and Shine 7:30am - 8:15am Laura		
8:00							
8:30							
9:00		AquaFit 9:30am - 10:30am Brendan		AquaFit 9:30am - 10:30am Brendan	Yoga - Yin and Meditation 8:45am - 9:45am Laura	Outdoor Bootcamp 9am and 10am Shane	
9:30					Walk for Fitness 10am - 11am Deb	Yoga (B) 10am - 11am Carolyn	Zumba 10am 11am - Diane
10:00							
10:30							
11:00		Senior Fitness 11am - 11:45am Deb		Senior Fitness 11am - 11:45am Deb			AquaFit - 45 min 11am-11:45am Brendan
11:30			Yoga 12pm-1pm with Deb	Power Barbell 12pm - 1pm Shane	Core Conditioning 12pm - 1pm Deb		
12:00	Step Class 12:15pm - 1pm Deb	Group Strength Training 12pm - 1pm Deb			Pickleball 1pm - 2pm Deb		
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00		Youth Dance 4pm - 5:30pm					
4:30							
5:00	Learn to Run Program 5pm - 5:45pm Deb	Group Machine Orientation 5pm - 5:45pm Shane	Learn to Run Program 5pm-5:45pm Deb	Group Machine Orientation 5pm - 5:45pm Shane			
5:30							
6:00	Skip Circuit 6pm - 6:45pm with Deb	Power Barbell 6pm - 7pm Shane	CrossFIT 6pm - 6:45pm with Deb	Yoga (B) 6:15pm-7:15pm Carolyn	Bollywood Dance 6pm - 7pm		
6:30							
7:00	AquaFit 7pm - 8pm Deb	Youth Dance 7pm - 8:15pm	AquaFit 7pm - 8pm Deb	Zumba 7:30-8:15pm Diane			
7:30		Swim For Fitness 8pm - 9pm Christian		Swim For Fitness 8pm - 9pm			
8:00							
8:30							
9:00							
9:30							

- *ALL residents must scan membership card at front desk to verify access
- *Platinum Access Members have access to all sports programs
- *NEW Group Machine Orientations. Sign up or inquire at the front desk.
- *NEW Power Barbell Tuesday night at 6pm.
- *NEW Bollywood dance Friday nights

*NOTE - TUESDAY NIGHTS. Youth Dance will be in Fitness Studio at 4pm-5:30pm and 7pm-8:15pm

