

Fitness Schedule - Summer 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		Morning Movement (9:00 - 10:00)		Gentle (9:00 - 10:00) Open		Active Aging (9:00 - 10:00)		
9:30 AM							Power (9:30 - 10:30) Intermediate/Advanced	
10:00 AM								
10:30 AM								
11:00 AM							Flow (11:00 - 12:00) Beginner/Intermediate	
11:30 AM								
12:00 PM								
12:30 PM		Aquafit (12:30 - 1:30)		AquaZumba (12:30 - 1:30)	Aquafit Lite (12:30 - 1:20)	Aquafit (12:30 - 1:30)		
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM							Jazz/Pop Dance (2:00 - 3:00)	
3:00 PM								
3:30 PM								
4:00 PM	Bharatanatyam Dance (4:00 - 7:00)						Bharatanatyam Dance (3:00 - 7:00)	
4:30 PM								
5:00 PM					HIIT (5:00 - 5:45)			Better Balance (5:00 - 5:45)
5:30 PM		Core Blast (5:00 - 5:45)						
6:00 PM						Bharatanatyam Dance (6:00 - 7:00) *****		Zumba (6:00 - 6:50)
6:30 PM					Bharatanatyam Dance (6:00 - 8:00)			Bharatanatyam Dance (7:00 - 8:00)
7:00 PM						Outdoor Hatha Yoga (6:00 - 7:00pm) open		
7:30 PM		Yin (7:30 - 8:30) open						
8:00 PM								
8:30 PM				Contemporary Dance (8:00pm - 9:00pm)				
9:00 PM								
9:30 PM								
10:00 PM								

Fitness (Studio)
Yoga (Studio)
Rec. (Studio) *pd
Yoga (Outdoor)

Fitness (Pool)