

WINTER FITNESS SCHEDULE

JAN. 7 – MAR. 3, 2019

GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:15a	SENIOR AEROBICS	SENIOR AEROBICS		SENIOR AEROBICS	
9:00-10:00a					MORNING FITNESS
9:15-10:15a	MORNING FITNESS		GENTLE MOVEMENT & STRETCH		
6:00-7:00p			ZUMBA **Start Date TBD**		

RACQUETBALL COURT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15a			STRENGTH TRAIN TOGETHER				
4:30-5:00p	CIRCUIT WT TRAINING		CIRCUIT WT TRAINING				
4:30-5:30p					STRENGTH TRAIN TOGETHER		
5:30-6:30p	STRENGTH TRAIN TOGETHER		STRENGTH TRAIN TOGETHER				

3rd FLOOR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:30a		CIRCUIT WT TRAINING		CIRCUIT WT TRAINING			
9:00-10:00a						GROUP CYCLING	GROUP CYCLING
9:15-10:15a	CYCLE & CIRCUIT		CYCLE & CIRCUIT		CYCLE & CIRCUIT		
9:30-10:15a		PILATES		PILATES			
10:15-11:00a		CARDIO FUSION		CARDIO FUSION			
12:00-1:00p	GROUP CYCLING	YOGA	GROUP CYCLING	YOGA	GROUP CYCLING		
4:30-5:00p		GROUP CYCLING		GROUP CYCLING			
5:15-6:15p		CORE FIT		CORE FIT			
5:45-6:45p	GROUP CYCLING		GROUP CYCLING				

