

SPRING II FITNESS SCHEDULE

APRIL 29 – JUNE 23, 2019

GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:15a		SENIOR AEROBICS		SENIOR AEROBICS	
9:00-10:00a	MORNING FITNESS or GENTLE MOVEMENT & STRETCH *Alternating weeks		GENTLE MOVEMENT & STRETCH		MORNING FITNESS

RACQUETBALL COURT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15a			STRENGTH TRAIN TOGETHER				
4:20-5:20p	STRENGTH TRAIN TOGETHER		STRENGTH TRAIN TOGETHER				
5:30-6:30p	STRENGTH TRAIN TOGETHER		STRENGTH TRAIN TOGETHER				

3rd FLOOR STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:30a		CIRCUIT WT TRAINING		CIRCUIT WT TRAINING			
9:00-10:00a						CYCLE & CIRCUIT	
9:15-10:15a	CYCLE & CIRCUIT		CYCLE & CIRCUIT		CYCLE & CIRCUIT		
9:30-10:30a		PILATES		PILATES			
12:00-1:00p	GROUP CYCLING	YOGA	GROUP CYCLING	YOGA	GROUP CYCLING		
4:30-5:15p				POUND			
4:30-5:30p		PILATES					
5:45-6:45p		POUND					
6:00-7:00p			ZUMBA				

