



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



FITNESS CLASS SCHEDULE

Monday

Time	Class
9:00 am	Spin
10:00 am	Pilates
11:00 am	Zumba
12:00 pm	Strength Conditioning
12:30 pm	SilverSneakers® Cardio Circuit
1:30 pm	SilverSneakers® Yoga Stretch
3:00 pm	Ab Blaster
3:30 pm	Kids' Cardio
4:00 pm	Cardio Dance Jam
4:00 pm	Spin
5:00 pm	Dancercize

Tuesday

Time	Class
9:00 am	Ab Blaster
10:00 am	Zumba
10:30 am	Spin
11:00 am	Strength Training
11:00 am	Spin
12:00 pm	Strength Conditioning
12:30 pm	SilverSneakers® Cardio Circuit
1:30 pm	Gentle Yoga Balance
3:30 pm	Kids' Cardio
4:00 pm	Cardio Dance Jam
5:00 pm	Zumba
6:00 pm	Intro to Strength Conditioning

Wednesday

Time	Class
9:00 am	Spin
10:00 am	Step Kick Fusion
11:00 am	Senior Cardio
11:30 am	Spin
12:00 pm	Strength Conditioning
12:30 pm	SilverSneakers® MSROM
1:30 pm	SilverSneakers® Yoga Stretch
3:00 pm	Circuit Training
3:30 pm	Kids' Cardio
4:00 pm	Cardio Dance Jam
4:00 pm	Spin
5:00 pm	Dancercize

Thursday

Time	Class
9:00 am	Spin
9:30 am	Ab Blaster
10:00 am	Pilates
11:00 am	Zumba
12:00 pm	Strength Conditioning
12:30 pm	SilverSneakers® MSROM
1:30 pm	Gentle Yoga
3:30 pm	Kids' Cardio
4:00 pm	Cardio Dance Jam
5:00 pm	Zumba
6:00 pm	Intro to Strength Conditioning

Friday

Time	Class
9:00 am	Spin
9:30 am	Ab Blaster
10:00 am	Strength Conditioning
11:00 am	Pilates
11:30 am	Spin
12:30 pm	SilverSneakers® Cardio Circuit
1:00 pm	Spin
1:30 pm	SilverSneakers® Yoga Stretch
1:30 pm	Circuit Training
2:30 pm	Floor Yoga
3:30 pm	Kids' Cardio
4:00 pm	Cardio Dance Jam
4:00 pm	Spin
6:00 pm	Family Zumba Party

Saturday

Time	Class
9:00 am	Spin
10:00 am	Zumba
10:00 am	Circuit Training
11:00 am	Spin

All classes subject to change without notice.