



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FITNESS CLASS SCHEDULE



Tuesday

Time	Class	Room
5-6:30 am	Master Swim	P
5:30-6 am	Spin (INT)	F
7:45-8:15 am	BodyPump Prep. Class	F-1
9-10 am	Aqua Aerobics (Deep)	P
9-10 am	Spin (INT)	F
9-10 am	SilverSneakers® Yoga	F-3
9-10 am	Dancercise	F-1
10:15-10:45 am	Spin (BB)	F
10:30-11:30 am	Yoga	F-3
10:30-11:30 am	Step Kick Fusion	F-1
11-11:30 am	Spin (B)	F
3:30-4:30 pm	Arthritis Foundation Aqua Program	P
4:30-5:20 pm	Les Mills' BodyPump Class	F-1
4:30-5:15 pm	Spin (INT)	F
4:30-5:20 pm	Just 4 Me Dance	F-2
4:30 - 6:00 pm	Masters Swim	P
5:30-6:15 pm	Spin (HI)	F
5:30-6:20 pm	Just 4 Me Dance	F-2
5:30-6:30 pm	Strength Training for Women	F-1
5:45-7:15 pm	Yoga	F-3
6:30-7:15 pm	Spin (HI)	F
6-7 pm	Aqua Aerobics (Deep)	P
7-8 pm	Pilates Stretch & Tone	F-1
7:30-8 pm	Spin (INT)	F

Wednesday

Time	Class	Room
5-6:30 am	Master Swim	P
6:15-6:45 am	Spin (B)	F
7-7:30 am	Spin (BB)	F
8:30-9:30 am	Pilates Fusion	F-1
8-8:40 am	Spin (INT)	F
8-8:45 am	Aqua Aerobics	P
8-8:45 am	Zumba Gold	G
9-10 am	Aqua Aerobics (SP)	P
9-10 am	SilverSneakers®	MP
9-9:40 am	Spin (HI)	F
10-11 am	Hatha Yoga (B)	F-3
10-10:45 am	Mighty Movers (Ages2-5)	F-2
10-10:45 am	Basic Weight Training for Women	F-1
10:15-10:40 am	Spin (BB)	F
10:15-11 am	Arthritis Foundation Aqua Program	P
10:15-11:15 am	Dancercise	MP
11-11:40 am	Spin (HI)	F
11-12 pm	Arthritis Foundation Aqua Program	P
12-12:30 pm	Spin (INT)	F
4:30-5:15 pm	Spin (INT) (SP)	F
5:30-6:15 pm	Spin (HI)	F
5:30-6:30 pm	Step Kick Fusion	F-1
5:30-6:30 pm	Zumba for Kids	G
6:30-7:00 pm	Spin (INT) (SP)	F
7:15-8pm	Spin (AB)	F
7:15-8:15 pm	Zumba	G
6-7 pm	Aqua Aerobics	P

Monday

Time	Class	Room
5-6:30 am	Master Swim	P
6:15-6:45 am	Spin (B)	F
7-7:30 am	Spin (BB)	F
8:30-9:30 am	Pilates Fusion	F-1
8-8:40 am	Spin (INT)	F
8-8:45 am	Aqua Aerobics	P
8-8:45 am	Zumba Gold	G
9-10 am	Aqua Aerobics (SP)	P
9-10 am	SilverSneakers®	MP
9-9:40 am	Spin (HI)	F
10-10:45 am	Mighty Movers (Ages2-5)	F-2
10-10:45 am	Basic Weight Training for Women	F-1
10:15-10:40 am	Spin (BB)	F
10:15-11 am	Arthritis Foundation Aqua Program	P
10:15-11:15 am	Tai Chi (AF)	F-3
10:15-11:15 am	Dancercise	MP
11-11:40 am	Spin (HI)	F
11-12 pm	Arthritis Foundation Aqua Program	P
11:30-12:30 am	Int. Strength Training for Women	F-1
12-12:30 pm	Spin (INT)	F
4:30-5:15 pm	Spin (INT) (SP)	F
5:30-6:15 pm	Spin (HI)	F
5:30-6:30 pm	Step Kick Fusion	F-1
6:30-7:00 pm	Spin (INT) (SP)	F
6:30-7:15 pm	Mighty Movers (SP) (Ages2-5)	F-2
7:15-8pm	Spin (AB)	F
6-7 pm	Aqua Aerobics	P
7-8 pm	Zumba Toning	F-1

Legend

- BB-----Basic Beginner
- B-----Beginner
- AB-----Advanced Beginner
- INT-----Intermediate
- HI-----High Impact
- SP-----Spanish Speaking

Room Legend

Fitness Studio One/Aerobics Room	F-1
Fitness Studio Two/Lounge	F-2
Fitness Studio Three/Chapel	F-3
Fitness Center	F
Multi-Purpose Room	MP
Gym/Basketball Court	G
Pool	P

Thursday

Time	Class	Room
5-6:30 am	Master Swim	P
5:30-6 am	Spin (INT)	F
7:45-8:15 am	BodyPump Prep Class	F-1
9-10 am	Aqua Aerobics (Deep)	P
9-10 am	Spin (INT)	F
9-10 am	SilverSneakers® Yoga	F-3
9-10 am	Dancercise	F-1
10:15-10:45 am	Spin (BB)	F
10:30-11:30 am	Yoga	F-3
10:30-11:30 am	Step Kick Fusion	F-1
11-11:30 am	Spin (B)	F
3:30-4:30 pm	Arthritis Foundation Aqua Program	P
4:30-5:15 pm	Spin (INT) (SP)	F
4:30-5:20 pm	Les Mills BodyPump Class	F-1
4:30 - 6:00 pm	Masters' Swim	P
5:30-6:15 pm	Spin (HI)	F
5:30-6:30 pm	Strength Training for Women	F-1
5:45-7:15 pm	Yoga	F-3
6:30-7:15 pm	Mighty Movers (SP) (Ages2-5)	F-2
7-8 pm	Pilates Stretch & Tone	F-1
6:30-7:15 pm	Spin (HI)	F
6-7 pm	Aqua Aerobics (Deep)	P
7:30-8 pm	Spin (INT) (SP)	F



Friday

Time	Class	Room
5-6:30 am	Master Swim	P
6:15-6:45 am	Spin (B)	F
7-7:30 am	Spin (BB)	F
8:30-9:30 am	Pilates Fusion	F-1
8-8:40 am	Spin (INT)	F
8-8:45 am	Aqua Aerobics (SP)	P
8-8:45 am	Zumba Gold	G
9-10 am	Aqua Aerobics (SP)	P
9-10 am	SilverSneakers®	MP
9-9:40 am	Spin (HI)	F
10-10:45 am	Mighty Movers (Ages2-5)	F-2
10-10:45 am	Basic Weight Training for Women	F-1
10:15-10:40 am	Spin (BB)	F
10:15-11 am	Arthritis Foundation Aqua Program	P
10:15-11:15 am	Tai Chi (AF)	F-3
10:15-11:15 am	Dancercise	MP
11-11:40 am	Spin (BB)	F
11-12 pm	Arthritis Foundation Aqua Program	P
11:30-12:30 am	Int. Strength Training for Women	F-1
12-12:30 pm	Spin (INT)	F
12:30-1:30 pm	Mid Day Yoga	F-2
4:30-5:15 pm	Spin (INT) (SP)	F
5:30-6:15 pm	Spin (HI)	F
5:30-6:30 pm	Step Kick Fusion	F-1
6-7 pm	Family Zumba	G
6:30-7:00 pm	Spin (INT)	F
7:15-8pm	Spin (AB)	F



Legend

BB-----Basic Beginner
 B-----Advanced Beginner
 INT-----Intermediate
 HI-----High Impact
 SP-----Spanish Speaking

Room Legend

Fitness Studio One/Aerobics Room	F-1
Fitness Studio Two/Lounge	F-2
Fitness Studio Three/Chapel	F-3
Fitness Center	F
Multi-Purpose Room	MP
Gym/Basketball Court	G
Pool	P

Saturday

Time	Class	Room
7:30 - 9 am	Masters Swim	P
8:30-9:15 am	BodyPump Prep	F-1
9-9:40 am	Spin (INT)	F
10-10:40 am	Spin (INT)	F
10-11 am	Zumba Basic	F-1
11-11:40 am	Spin (B)	F
11-12 pm	Aqua Aerobics (AF)	P
11:30-12:30pm	Dance In Motion Jazz	F-1

Sunday

Time	Class	Room
1-2 pm	Cardio Blast	F-1
1:30-2:30 pm	Spin (B)	F

**ENSURE A
 BRIGHTER
 FUTURE
 TODAY**

