



FITNESS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
5:00 AM																				
:15	Bootcamp	Cardio Barre	Body Pump	Spin	*Cardio Barre	Bootcamp	Body Pump	Spin	Bootcamp	Cardio Core										
:30																				
:45																				
6:00 AM	Spin		Express Workout	Spin	Spin		Express Workout	Spin	Spin											
:15																				
:30																				
:45																				
7:00 AM																				
8:00 AM											Body Pump	W.O.W. 8 wks								
:15	Senior Fitness			Senior Fitness				Senior Fitness												
:30																				
:45																				
9:00 AM	Zumba		Warrior Workout		Express Workout		Zumba	Vinyasa Yoga	Vinyasa Yoga	Spin	Oh Baby-Mommy & Me Fitness									
:15																				
:30																				
:45																				
10:00AM	Shreadmill Circuits		Power Yoga	Silver Sneakers			Silver Sneakers	Cardio Barre												
:15																				
:30																				
:45																				
11:00AM																				
:15																				
:30																				
:45																				
12:00PM	Tabata Fusion		Intense Core		Bootcamp		Express Workout	Express Workout	Express Workout											
:15																				
:30																				
:45																				
1:00 PM	Delay the Disease				Delay the Disease								Short Circuits							
:15																				
:30																				
:45																				
2:00 PM																				
3:00 - 3:45													Strolling for Strength							
4:00 PM	Body Pump				Power Pilates		Vinyasa Yoga													
:15																				
:30																				
:45																				
5:00 PM	Functional Training	Zumba	W.O.W 8 weeks	Power 30	Zumba	Functional Training	Spin	Body Pump	Spin	Zumba										
:15																				
:30																				
:45																				
6:00 PM	Short Circuits	SPIN		Turbo Kick	Spin		Spin	Spin	Spin	Short Circuits										
:15																				
:30																				
:45																				

Mann's PIT: Wednesdays & Thursdays 5-6pm, Saturday 1-2pm (additional fee)