

SUMMER FITNESS SCHEDULE STARTING 6-18-2018

LAND - FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM CYCLE		5:30AM CYCLE CORE	5:30AM CYCLE	5:30AM CYCLE	8:00AM CYCLE
9:00AM INTERVAL AEROBICS#4	9:00AM X TRAINING GYM	9:00AM INTERVAL AEROBICS#4	7:00AM Dynamic stretch/strength	9:00AM INTERVAL AEROBICS#4	8:00AM BODY PUMP - #4
9:00AM CYCLE	8:55 AM ZUMBA#3	9:00AM CYCLE	8:00 AM BODY PUMP#4	9:00 AM CYCLE	9:00 AM CXWORX#4
10:00AM MUSCLE MAKEOVER - #4	10:00AM BODY PUMP#4	10:05 AM INTERMEDIATE YOGA#4	9:00AM MUSCLE MAKEOVER#4	10:05 AM YOGA#4	9:00AM ZUMBA
11:00AM Yoga - #4	11:00 AM CXWORX#4	11:05AM CHAIR YOGA#4	9:00AM X-TRAINING - Gym		10:15 AM YOGA
11:45AM Cycle					
			10:00 am ZUMBA #3		
4:50PM Zumba - #4	5:00PM CYCLE	5:10 PM BODY PUMP - #4	5:00PM CYCLE		
6:00PM BODY PUMP EXPRESS/CXWORX	6:00PM KICK BOXING #4	6:10PM ZUMBA #4	5:00PM Zumba - #4		
7:05PM YOGA - #3	6:00PM ZUMBA #3	7:05PM INTERMEDIATE YOGA#3	6:15 pm Body Pump -#4		
	7:00PM BODY PUMP #4		7:15 PM CXWORX#4		
	7:05PM POWER YOGA #3				

WATER - FITNESS

8:00 AM ZUMBA-Lg pool	8:00AM SPLASH - Lg Pool	8:00 AM ZUMBA-Lg pool	8:00AM SPLASH - Lg Pool	8:00 AM ZUMBA - Lg Pool	
9:00 AM SPLASH/HYDRO Lg pool	8:30 AM Arthritic Exercise - Sm Pool	9:00 AM SPLASH/HYDRO Lg pool	8:30 AM Arthritic Exercise -Sm Pool	9:00 AM SPLASH/HYDRO Lg pool	
12:30 PM Arthritic Exercise - Sm Pool		12:30 PM Arthritic Exercise - Sm Pool		12:30 PM Arthritic Exercise - Sm Pool	
5-6 PM AQUACIZE Sm Pool		5-6 PM AQUACIZE Sm Pool		5-6 PM AQUACIZE sm pool	
7-8 PM SPLASH - Sm Pool		7-8PM SPLASH - Sm Pool			