


# NEW FITNESS SCHEDULE APRIL-2018

## LAND FITNESS

Fitness schedule may vary due to severe weather or unforeseen circumstances

| MONDAY  | TUESDAY                         | WEDNESDAY                        | THURSDAY                              | FRIDAY  | SATURDAY                                       |
|---|---------------------------------|----------------------------------|---------------------------------------|---|--|
| 5:30 AM<br>CYCLE  |                                 | 5:30AM<br>CYCLE CORE             | 5:30AM<br>CYCLE                       | 5:30AM<br>CYCLE   | 8:00AM<br>CYCLE                                |
| 9:00AM<br>INTERVAL AEROBICS#4   | 9:00AM<br>X TRAINING gym        | 9:00AM<br>INTERVAL AEROBICS#4    | 7:00AM #4<br>Dynamic stretch/strength | 9:00AM<br>INTERVAL AEROBICS#4   | 8:00AM<br>BODY PUMP #4                         |
| 9:00AM<br>CYCLE   | 9:00 AM<br>ZUMBA#4              | 9:00AM<br>CYCLE                  | 8:00 AM<br>BODY PUMP#4                | 9:00 AM<br>CYCLE  | 9:05<br>CXWORX#4                               |
| 10:00AM<br>MUSCLE MAKEOVER #4   | 10:00AM<br>BODY PUMP#4          | 10:05 AM<br>INTERMEDIATE YOGA #4 | 9:00AM<br>MUSCLE MAKEOVER#4           | 9:00 AM<br>Zumba#3  | 9:00AM<br>ZUMBA# 3                             |
| 10:00AM<br>GENTLE YOGA#3  | 11:00 AM<br>CXWORX #4           | 11:15AM<br>CHAIR YOGA#4          | 9:00AM<br>X-TRAINING - Gym            | 10:05 AM<br>Gentle Yoga   | 10:15 AM<br>INTERMEDIATE YOGA                  |
|  |                                 |                                  |                                       |  |  |
| 4:50PM<br>Zumba #4  | 5:00PM<br>CYCLE                 | 5:10 PM<br>BODY PUMP - #4        | 5:00PM<br>CYCLE                       |   | <b>SUNDAY</b><br><b>9:30am</b><br><b>CYCLE</b> |
| 6:00PM<br>BODY PUMP EXPRESS-CXWORX #4   | 6:00PM<br>KICK BOXING #4        | 6:10PM<br>STRONG BY ZUMBA #4     | 5:00PM<br>Zumba #4                    |   |  |
| 7:05PM<br>SEMI-VIGOROUS YOGA #3   | 6:00PM<br>ZUMBA #3              | 7:05PM<br>INTERMEDIATE YOGA      | 6:00 PM<br>BURN AND FIRM #4           |   |  |
|   | 7:00PM<br>BODY PUMP #4          |                                  | 7:00PM<br>BODY PUMP #4                |   |  |
|   | 7:05PM<br>INTENSE POWER YOGA #3 |                                  | 8:00<br>CXWORX#4                      |   |  |

## WATER - FITNESS

|  |   |  |  |  |  |
|--|---|--|--|--|--|
| 9:00 AM<br>SPLASH/HYDRO-lg pool          | 8:00AM<br>SPLASH - Lg Pool              | 9:00am<br>SPLASH /HYDRO-Lg pool          | 8:00AM<br>SPLASH - Lg Pool             | 9:00 AM<br>SPLASH&HYDRO - Lg Pool        |  |
| 10:00 AM<br>ZUMBA Lg pool                | 9:00 AM<br>Arthritic Exercise - Sm Pool | 10:00 AM<br>ZUMBA Lg pool                | 9:00 AM<br>Arthritic Exercise -Sm pool | 10:00 AM<br>ZUMBA Lg pool                |  |
| 11:00 PM<br>Arthritic Exercise - Sm Pool |   | 11:00 PM<br>Arthritic Exercise - Sm Pool |  | 11:00 PM<br>Arthritic Exercise - Sm Pool |  |
| 12:00 PM<br>Arthritic Exercise - Sm Pool |   | 12:00 PM<br>Arthritic Exercise - Sm Pool |  | 12:00 PM<br>Arthritic Exercise - Sm Pool |  |
| 5-6 PM<br>AQUACIZE- Sm Pool              |   | 5-6 PM<br>AQUACIZE-Small Pool            |  |  |  |
| 7-8 PM<br>SPLASH - Sm Pool               |   | 7-8PM<br>SPLASH - Sm Pool                |  |  |  |