


NEW FITNESS SCHEDULE SEPTEMBER-4-2018

LAND FITNESS

Fitness schedule may vary due to severe weather or unforeseen circumstances

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 #4 Dynamic stretch/strength	9:00AM INTERVAL AEROBICS#4	8:00AM BODY PUMP #4
9:00AM CYCLE	9:00 AM BODY PUMP EXPRESS/CXWORX	9:00AM CYCLE	8:00 AM BODY PUMP#4	9:00 AM CYCLE	9:05 CXWORX#4
10:00AM MUSCLE MAKEOVER #4		9:00 AM ZUMBA #3	9:00AM MUSCLE MAKEOVER#4	9:00 AM Zumba#3	9:00 AM ZUMBA# 3
10:00AM GENTLE YOGA#3		10:00AM INTERMEDIATE YOGA#4	9:00AM X-TRAINING - Gym	10:05 AM Gentle Yoga	10:15 AM INTERMEDIATE YOGA
11:45 AM CYCLE		11:15 CHAIR YOGA#4			
4:50PM Zumba #4	5:00PM CYCLE	5:15 PM BODY PUMP - #4	5:00PM CYCLE		
6:00PM BODY PUMP EXPRESS-CXWORX #4	6:00PM KICK BOXING #4	6:15PM ZUMBA #4	5:00PM Zumba #4		
7:05PM SEMI-VIGOROUS YOGA #3	6:00PM ZUMBA #3	7:05PM INTERMEDIATE YOGA #3	6:05 PM BODY PUMP EXPRESS/CXWORX		
	7:00PM BODY PUMP #4				
	7:05PM INTENSE POWER YOGA #3				

WATER - FITNESS

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