

SPECIALTY CLASSES



FALL FITNESS SCHEDULE

(This schedule is subject to change.)

LAND-FITNESS - BEGINS 9/03/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN	
LAND FITNESS A.M.	5:30 -6:30 am CYCLE		5:30 -6:30 am CYCLE CORE	5:30 -6:30 am CYCLE	5:30 -6:30 am CYCLE		CYCLE / 3rd Sunday of each month/ 9:30 am	
	5:45 -6:45 am #4 LES MILLS BODYPUMP®		5:45 -6:45 am #4 LES MILLS BODYPUMP®			8:00-9:00 am CYCLE		
	9:00 -10:00 am #4 INTERVAL AEROBICS	9:00-10:00 am / GYM X-TRAINING	9:00 -10:00 am #4 INTERVAL AEROBICS	7:00-8:00 am #4 DYNAMIC STRETCH	9:00 -10:00 am #4 INTERVAL AEROBICS	8:00-9:00 am #4 LES MILLS BODYPUMP®		
	9:00-10:00 am CYCLE	9:00-9:45 am #4 LES MILLS BODYPUMP®	9:00-10:00 am CYCLE	9:00-10:00 am #4 LES MILLS BODYPUMP®	9:00-10:00 am CYCLE	9:00-9:35 am #4 CXWORX		
	10:00-11:00 am #4 MUSCLE MAKEOVER	9:45-10:20 am #4 CXWORX	9:00-10:00 am #3 ZUMBA	9:00-10:00 am - GYM X-TRAINING	9:00-10:00 am #3 ZUMBA	9:00-10:00 am #3 ZUMBA		
	10:00-11:00 am #3 GENTLE YOGA		10:00-11:00 am #4 INTERMEDIATE YOGA	10:00-11:00 am #4 MUSCLE MAKEOVER	10:05-11:00 am #4 GENTLE YOGA	10:15-11:15 am #4 INTERMEDIATE YOGA		
	11:45-12:45 pm CYCLE	11:30-12:30 pm # 4 TRUCK STEADY FOREVER! Parkinsons	11:15-12:00 pm - #4 CHAIR YOGA		11:30-12:30 pm # 4 TRUCK STEADY FOREVER! Parkinsons			
LAND FITNESS P.M.	4:50-5:50 pm #4 ZUMBA	5:00-6:00 pm CYCLE	5:15-6:15 pm #4 LES MILLS BODYPUMP®	5:00-6:00 pm CYCLE				
	5:00-6:00 pm #3 LES MILLS BODYATTACK	6:00-7:00 pm #4 LES MILLS BODYPUMP®	5:30-6:30 pm #3 LES MILLS BODYATTACK	5:00-6:00 pm #4 ZUMBA				
	6:00-6:30 pm #4 LES MILLS BODYPUMP®	6:00-7:00 pm #3 ZUMBA	5:30-6:30 pm CYCLE	6:05-6:50 pm #4 LES MILLS BODYPUMP®				
	6:30-7:05 pm #4 CXWORX	7:05-8:05 pm #3 \$\$ SPECIALTY CLASS	6:15-7:15 pm #4 ZUMBA	6:50-7:20 pm - #4 CXWORX				
	7:00-8:00 pm #3 SEMI-VIGOROUS YOGA	7:05-8:35 pm #4 INTENSE POWER YOGA	7:05-8:05 pm #3 INTERMEDIATE YOGA					
WATER - FITNESS - BEGIN 9/03/19								
WATER FITNESS A.M.	9:00-9:55 am SPLASH/HYDRO Large Pool	8:00-8:55 am SPLASH Large Pool	9:00-9:55 am SPLASH/HYDRO Large Pool	8:00-8:55 am SPLASH Large Pool	9:00-9:55 am SPLASH/HYDRO Large Pool			
	10:00-10:55 am ZUMBA Large Pool	9:00-10:00 am ARTHRITIS EXERCISE Small Pool	10:00-10:55 am ZUMBA Large Pool	9:00-10:00 am ARTHRITIS EXERCISE Small Pool	10:00-10:55 am ZUMBA Large Pool			
	11:00-12:00 pm ARTHRITIS EXERCISE Small Pool		11:00-12:00 pm ARTHRITIS EXERCISE Small Pool		11:00-12:00 pm ARTHRITIS EXERCISE Small Pool			
WATER FITNESS P.M.	12:00-1:00 pm ARTHRITIS EXERCISE Small Pool		12:00-1:00 pm ARTHRITIS EXERCISE Small Pool		12:00-1:00 pm ARTHRITIS EXERCISE Small Pool			
	5:00-6:00 pm AQUACISE Small Pool		5:00-6:00 pm AQUACISE Small Pool		5:00-6:00 pm AQUACISE Small Pool			
	7:00-8:00 pm SPLASH Small Pool		7:00-8:00 pm SPLASH Small Pool					