



FITNESS SUMMER SCHEDULE

LAND - FITNESS

summer schedule starting June 12 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM CYCLE	7:00AM DYNAMIC STRETCH#4	5:30AM CYCLE CORE	5:30AM CYCLE	5:30 CYCLE	8:00AM CYCLE
9:00AM INTERVAL AEROBICS#4	8:00AM BODY PUMP#4	9:00AM INTERVAL AEROBICS#4	7:00AM DYNAMIC STRETCH#4	9:00AM INTERVAL AEROBICS -#4	8:00AM BODY PUMP - #4
9:00AM CYCLE	9:10AM X-TRAINING#4	9:00 AM CYCLE#4	8:00 AM BODY PUM#4	9:00 AM CYCLE	9:15 AM #4 ZUMBA
10:00AM MUSCLE MAKEOVER#4	11:00AM ZUMBA#4	10:00AM YOGA#4	9:10AM X-TRAINING#4	10:00 AM YOGA#4	10:15 AM YOGA
11:00 AM YOGA#4		11:00AM CHAIR YOGA#4	10:10AM MUSCLE MAKEOVER#4	11:00AM ZUMBA - #4	
					
4:50PM ZUMBA#4	5:00PM CYCLE	5:10 PM BODY PUMP - #4	5:00 PM CYCLE		SUNDAY 9:30 AM Cycle
6:00PM BODY PUMP#4	6:00PM KICK BOXING#4	6:05 PM ZUMBA STRONG #4	6:00PM KICK BOXING #4		
7:05PM YOGA#4	6:00PM POWER YOGA #3	7:05PM YOGA#4	6:00 PM POWER YOGA #3		
	7:00PM BODY PUMP - #4		7:00PM BODY PUMP#4		
	7:05PM INSANE RUMBA - #3		7:05PM ZUMBA#3		

WATER - FITNESS

Effective June 4- 2017

8:00 AM ZUMBA	8:00AM SPLASH - Lg Pool	8:00am ZUMBA	8:00AM SPLASH - Lg Pool	8:00 AM ZUMBA	
9:00 AM SPLASH/HYDRO	8:30 AM Arthritic Exercise - Sm Pool	9:00 AM SPLASH/HYDRO	8:30 AM Arthritic Exercise - Sm Pool	9:00 AM SPLASH/HYDRO	
12:30 PM Arthritic Exercise - Sm Pool		12:30 PM Arthritic Exercise - Sm Pool		12:30 PM Arthritic Exercise - Sm Pool	
1:30 PM Arthritic Exercise - Sm Pool		1:30 PM Arthritic Exercise - Sm Pool		1:30 PM Arthritic Exercise - Sm Pool	
5:00 PM AQUACIZE		5:00PM AQUACIZE			
7:00PM SPLASH		7:00 PM SPLASH			
