

Group Fitness Class Schedule - September 1, 2017- April 29, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 9:00 am	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	
5:05 - 5:55 am		Vinyasa Yoga		Vinyasa Yoga		
5:30 - 6:20 am	CSC-Cyles,Strength, Core		CSC-Cyles,Strength, Core		CSC-Cyles,Strength, Core	
5:40 - 6:30 am	Combo Tone		Combo Tone		Combo Tone	
5:45 - 6:30 am		Deep H2O		Deep H2O		
5:45 - 6:30 am	H2O Fitness		H2O Fitness		H2O Fitness	
6:00-6:50am		Box Fusion		Box Fusion		
7:00 - 7:45 am	TaiChi-Intermediate		TaiChi-Intermediate		TaiChi-Intermediate	
7:15-8:05am						H2O Fitness
8:00 - 8:50 am	Low-Impact Combo		Low-Impact Combo		Low-Impact Combo	Cardio Sculpt
8:00 - 8:50 am	Senior Body Toning		Senior Body Toning		Senior Body Toning	
8:00 - 8:50 am		Yoga Stretch		Yoga Stretch		
8:00 - 9:00 am						Cycling (Nov)
8:00 - 9:00 am	P3 (water class)		P3 (water class)		P3 (water class)	
9:00 - 9:50 am	H2O Senior	Forever Strong	H2O Senior	Forever Strong	H2O Senior	
9:00 - 9:50 am	Fusion Fit	HIIT 9-9:40 am	Fusion Fit	HIIT 9-9:40 am	Fusion Fit	
9:00 - 9:45 am	TaiChi -Beginner		TaiChi -Beginner		TaiChi -Beginner	
9:05-10:00 am		Cardio Dance		Cardio Dance		
10:05-10:35 am	Hydro HIIT		Hydro HIIT		Hydro HIIT	
10:05-10:45 am	Yoga Strength		Yoga Strength		Yoga Strength	
10:05 -10:50 am		"No Floor" Yoga		"No Floor" Yoga		
11:00- 11:45 am		Forever Fit		Forever Fit		
11:05 - 11:50 am	No Floor Yoga starts Sept 6		No Floor Yoga starts Sept 6			
12:05-12:35 pm		Express Barre Burner		Express Barre Burner		
12:05 - 12:50 pm	Kickboxing		Kickboxing		Kickboxing	
12:05 - 12:55 pm	H2O Fitness		H2O Fitness		H2O Fitness	
12:05 - 12:55 pm		Deep H2O		Deep H2O		
3:30 - 4:20 pm		Yoga Stretch		Yoga Stretch		
4:45 - 5:35 pm	Combo	HeartZone Cycle (Nov)	Combo	HeartZone Cycle (Nov)	Combo	
4:45 - 5:35 pm	Power 360	Cardio Dance	Power 360	Cardio Dance	Power 360	
5:45 - 6:35 pm	Yoga Stretch starts Sept 6		Yoga Stretch starts Sept 6			
5:45 - 6:35 pm	Cycling starts Sept 6		Cycling starts Sept 6			
5:45 - 6:35 pm		Fit-to-the-core		Fit-to-the-core	Classes in RED are offered M/W/F	
6:45-7:35pm		Cardio Sculpt		Cardio Sculpt	Classes in BLUE are offered T/Th	
7:00-7:50 pm	Kickboxing starts Sept 6		Kickboxing starts Sept 6		Classes in GREEN are offered M & W	
7:30-8:20 pm		H2O Combo		H2O Combo	Classes in Black are Friday or Saturday	
7:00-7:55 pm	Cycling (Nov)		Cycling (Nov)		9.14.17	