Group Fitness Class Schedule *July & Aug 2017*						
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	
5:40 - 6:30 am	Combo Tone		Combo Tone		Combo Tone	
5:30 - 6:20 am	Cycles (CSC)		Cycles (CSC)			
5:45 - 6:30 am		Deep H2O		Deep H2O		
5:45 - 6:30 am	H2O Fitness		H2O Fitness		H2O Fitness	
6:00 - 6:50 am		Cardio Dance		Cardio Dance		
7:00-7:45am	Tai-chi-full will resume again Sept 2017		Tai-chi-full will resume again Sept 2017		Tai-chi-full will resume again Sept 2017	
7:15 - 8:05 am						H20 Fitness
8:00 - 8:50 am	Low-Impact Combo		Low-Impact Combo		Low-Impact Combo	
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						
8:00 - 9:00 am						
9:00 - 9:50 am	H20 Senior	Senior Mix	H20 Senior	Senior Mix	H20 Senior	
9:00 - 9:50 am		HIIT		HIIT		
9:00 - 10:00 am	Power 360 (June 7-Aug 16)		Power 360 (June 7-Aug 16)			
9:05-9:50 am		Cardio Dance		Cardio Dance		
10:05-10:35 am						
10:05 -10:45 am	Power Yoga		Power Yoga		Power Yoga	
10:15-11:00 am		No Floor Yoga		No Floor Yoga		
11:00 - 11:45 am		Forever Fit		Forever Fit		
11:05-11:50 am	No Floor Yoga		No Floor Yoga			
12:05 - 12:50 pm	Kickboxing		Kickboxing			
12:05-12:55 p.m.	Outdoor H2O Fitness	Outdoor H2O Fitness	Outdoor H2O Fitness	Outdoor H2O Fitness	Outdoor H2O Fitness	
12:05 - 12:55 pm	H20 Fitness		H20 Fitness			
12:05 - 12:55 pm						
3:30-4:20pm	Step it Up	Yoga Stretch	Step it Up	Yoga Stretch		
4:05 - 4:35 pm						
4:45 - 5:35 pm	Combo		Combo		Combo	
4:45 - 5:35 pm		Cardio Dance		Cardio Dance		
5:15-6:00 pm	H2O Fitness-Outdoor Pool	H2O Fitness-Outdoor Pool	H2O Fitness-Outdoor Pool	H2O Fitness-Outdoor Pool		
5:45 - 6:35 pm	Yoga Stretch		Yoga Stretch			
5:45 - 6:35 pm	Cycling		Cycling			
5:45 - 6:05 pm						
5:45 - 6:35 pm		Fit-to-the-core		Fit-to-the-core		

Online Schedule is in Color
Classes in RED are offered M/WF;
Classes in BLUE are offered T/Th;
Classes in GREEN are offered M/W;
Classes in Purple are Mon-Friday
Classes in Black are Friday or Saturday only
Updated 7.28.17