

Adult Fitness Schedule

Fall 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM Open-8 am		Ride & More 5:40am Morning Ride 7:00am	Basic Flow 7:00am	Ride & More 5:40am Morning Ride 7:00am	Basic Flow 7:00am	Zumba 8:00am
Later AM 8-11 am	Aquatic Exercise* 8:00am Functional Yoga 8:30am Rush 45 9:00am Aquatic Exercise* 9:00am Exercise for Life 9:15am	Aquatic Exercise* 8:00am Exercise for Life 9:15am Health Benefit 10:30am	Aquatic Exercise* 8:00am Aquatic Exercise* 9:00am Rush 45 9:00am Exercise for Life 9:15am	Aquatic Exercise* 8:00am Exercise for Life 9:15am Health Benefit 10:30am	Aquatic Exercise* 8:00am Pilates and Flexibility 8:10am Aquatic Exercise* 9:00am	Kettlebell Fusion 9:15am Pickleball 9:30am Lifting 10:45am
Mid-Day 11 am-3 pm	Health Benefit Chair Yoga 11:00am H.I.I.T. 12:00pm Pickleball 12:15pm	Health Benefit 11:15am Health Benefit Walk,Talk & Tone 12:00pm H.I.I.T. 12:00pm Pickleball 12:15pm	Health Benefit Chair Yoga 11:00am H.I.I.T. 12:00pm Pickleball 12:15pm	Health Benefit 11:15am Health Benefit Walk,Talk & Tone 12:00pm H.I.I.T. 12:00pm Pickleball 12:15pm	H.I.I.T. 12:00pm Pickleball 12:15pm	Adult Beg. Swim Lessons 11:00am
Evening 5 pm-Close	Turbo Kickboxing 5:00pm Express 30 5:30pm Aquatic Exercise 5:35pm Strength Training 5:45pm Yoga Flow 7:00pm Zumba 7:00pm	Aquatic Exercise 5:35pm POUND™ 5:45pm Zumba 6:00pm BodyRock 6:30pm Bollywood Fitness 7:00pm Cardio HipHop 7:40pm	Turbo Kickboxing 5:00pm Express 30 5:30pm Aquatic Exercise 5:35pm MP Fitness 5:45pm Strength Training 5:45pm Karate, Beg 6:00pm Tap Fever 6:00pm New Beat 7:00pm MP Karate 7:00pm Karate, Int 7:00pm Yoga Flow 7:00pm Zumba 7:00pm	Aquatic Exercise 5:35pm POUND™ 5:45pm Yoga Fundamentals 5:45pm Zumba 6:00pm BodyRock 6:30pm Bollywood Fitness 7:00pm Cardio HipHop 7:40pm	Beginning Belly Dance 5:30pm	SUNDAY Family Bollywood Fitness 1:00pm

*Class also offered as a Health Benefit