

# Fitness Classes

## Afternoon/Evenings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pickleball</b> 12:15 PM	<b>Pickleball</b> 12:15 PM	<b>Pickleball</b> 12:15 PM	<b>Pickleball</b> 12:15 PM	<b>Pickleball</b> 12:15 PM	<b>Kendo</b> 2-4:30 PM
<b>PM Water Aerobics</b> 5:35 PM	<b>Bollywood</b> 6 PM	<b>Classical Stretching</b> 4:30 PM	<b>Belly Dance – Advanced</b> 5 PM		
<b>Rep &amp; Ride</b> 5:45 PM	<b>Hatha Yoga</b> 6 PM	<b>Aqua Zumba</b> 5:35 PM	<b>Power Cycle</b> 5:45 PM		
<b>Strength Training</b> 5:45 PM	<b>Shape Up Boot Camp</b> 6:30 PM	<b>Rep &amp; Ride</b> 5:45 PM	<b>Belly Dance – Beginner</b> 6 PM		
<b>Yoga Flow</b> 7:15 PM	<b>Zumba</b> 7 PM	<b>PIYo</b> 6 PM	<b>Bollywood Fitness</b> 7 PM		
<b>Tai Chi</b> 7 PM	<b>Tai Chi</b> 7 PM	<b>Little Ninjas</b> 6 PM	<b>Tai Chi</b> 7 PM		
		<b>Karate, Beginning</b> 6:30 PM			
		<b>Yoga Flow</b> 7 PM			
		<b>Tai Chi</b> 7 PM			

R 5.6.24

\*\*Class times/dates are subject to change. Please call 913.722.8200 accurate schedule.