

# Fitness Classes

## Mornings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Grid Iron</b> 5:30 AM	<b>Cycle X</b> 6:15 AM	<b>Basic Flow Yoga</b> 7 AM	<b>Metabolic Mayhem</b> 6:30 AM	<b>Grid Iron</b> 5:30 AM	<b>Pickleball</b> 7:30 AM
<b>Core Fusion</b> 6:30 AM	<b>Metabolic Mayhem</b> 6:30 AM		<b>Morning Ride</b> 7:30 AM		<b>Zumba Gold</b> 8 AM
<b>AM Water Aerobics</b> 8 AM	<b>AM Water Aerobics</b> 8 AM	<b>AM Water Aerobics</b> 8 AM	<b>AM Water Aerobics</b> 8 AM	<b>Core Fusion</b> 6:30 AM	
<b>Functional Yoga</b> 9 AM	<b>Exercise for Life</b> 9:15 AM		<b>AM Water Aerobics</b> 8:50 AM		<b>Aqua Zumba</b> 9 AM
<b>AM Water Aerobics</b> 8:50 AM	<b>Barbell Burn</b> 9:30 AM	<b>Art of Relaxation</b> 9:30 AM		<b>Exercise for Life</b> 9:15 AM	<b>Basic Flow Yoga</b> 7 AM
<b>Silver Sneakers Yoga</b> 10:15 AM	<b>Health BeneFIT</b> 10:15 AM		<b>Silver Sneakers Yoga</b> 10:15 AM	<b>Barbell Burn</b> 9:30 AM	
<b>Silver Sneakers Yoga</b> 11 AM	<b>Barbell Burn</b> 10:30 AM	<b>Silver Sneakers Yoga</b> 11 AM		<b>Health BeneFIT</b> 10:15 AM	<b>AM Water Aerobics</b> 8:50 AM
<b>Silver Sneakers Yoga</b> 11:45 AM	<b>Health BeneFIT</b> 11 AM		<b>Silver Sneakers Yoga</b> 11:45 AM	<b>Barbell Burn</b> 10:30 AM	
	<b>Cardio Pump</b> 11:45 AM	<b>Health BeneFIT</b> 11 AM		<b>Cardio Pump</b> 11:45 AM	

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