

Fitness Classes

Afternoon/Evenings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 12:15 PM	Pickleball 12:15 PM	Pickleball 12:15 PM	Pickleball 12:15 PM	Pickleball 12:15 PM	Kendo 1-3:30 PM
PM Water Aerobics 5:35 PM	Bollywood 6 PM	Classical Stretching 4:30 PM	Belly Dance - Advanced 5 PM		
Rep & Ride 5:45 PM	Hatha Yoga 6 PM	Aqua Zumba 5:35 PM	Power Cycle 5:45 PM		
Strength Training 6 PM	Shape Up Boot Camp 6:30 PM	Rep & Ride 5:45 PM	Belly Dance - Beginner 6 PM		
Aqua Circuit 6:45 PM	Zumba 7 PM	PIYo 6 PM	Bollywood Fitness 7 PM		
Yoga Flow 7:15 PM	Tai Chi at Park on Beverly 7 PM	Little Ninjas 6 PM	Tai Chi at Park on Beverly 7 PM		
Tai Chi at Park on Beverly 7 PM		Karate, Beginning 6:30 PM			
		Yoga Flow 7 PM			
		Tai Chi at Park on Beverly 7 PM			

R 9.11.24

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