

FITNESS AND ADULT PROGRAMS

(in the Group Fitness Studio unless otherwise stated)

Sept 17 to March 31, 2019

Mon	Tue	Wed	Thu	Fri	Sat
	Cycle & Stretch 6:15-7:00				
		Forever Fit 8:30-9:30		Forever Fit 8:30-9:30	Cycle Fit 8:45-9:45
Motiv8 9:00-10:00	Zumba Mix 9:00-10:00	Piloga 9:45-10:45	Power Yoga 9:00-10:00	Yoga 9:45-10:45	75 Minute Yoga 10:00-11:15
Yoga 10:15-11:45	45 Min Stretch 10:15-11:00		Step Cycle Mix 10:15-11:00		
	FitMums 10:30-11:30				Mat Pilates 11:30-12:30
Restorative Yoga 12:00-1:00					
Fit For Life 1:30-2:30					
	Ab Fit 5:15-6:15	Yoga Bliss 5:15-6:15	Cycle Max 5:15-6:15		
Forever Fitt 5:15-6:15			Tactical Fitness 5:15-6:15		
Weight Room 101 5:15-6:15		Mother Daughter Yoga 5:30-6:30	Muscles & Mindset 5:30-6:30		
			Tabata Boot Camp 6:15-7:15		
	Spin Those Wheels 5:30-6:30		Zumba Pound Fusion 6:30-7:30		
	Barre Fitness 6:30-7:30				
Yoga 6:30-7:30	Adult Fencing 7:00-8:30 (Auditorium)	Ab Fit 6:30-7:30	Barre Fitness 7:45-8:45 (Fall Only)		
Ropes Gone Wild 6:30-7:30		Kangoo Fitness 6:30-7:30			Pass or Drop In Programs
	Yoga Jam 7:45 - 8:45	Kangoo Fitness 7:45-8:45			Registered Programs