



Fall Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM	Turbo Kick LIVE (Activity Room)	Turbo Kick LIVE (Activity Room)	Sunrise Cycling (Activity Room)	SHRED (Fitness Room)	Sunrise Cycling (Activity Room)	
8:30-9:30 AM	ZUMBA	Kickboxing	BOOTCAMP	G.R.I.T.	Pilates	Cycling (8:05-9:00AM) (Activity Room)
9:45-10:45 AM	Bhangra Fusion	SeniorFIT	SeniorStretch	SeniorFIT	Yoga Flow	Saturday Sweat (9-10 AM)
5:30-6:30 PM Fitness Room	BOOTCAMP	ZUMBA	Power Up (5:15-6:00 PM)	BOOTCAMP	ZUMBA	ZUMBA (10:05-11AM) (Fitness Room)
5:30-6:30 PM Activity Room	Cycling	Revolution Cycling	ZUMBA	Revolution Cycling	Cycling	
	ZUMBA (6:35-7:35 PM) (Activity Room)	ZUMBA (6:35-7:35PM) (Fitness Room)	Mindful Yoga (6:05-7:05 PM) (Fitness Room)	ZUMBA (6:35-7:35PM) (Fitness Room)		

ALL Fitness classes are free to MEMBERS!

Not a member? No problem! We have all types of memberships available!

Ask a member of our staff and we can get you signed up today!

Thank you for your continued patronage



FALL: September
October
November

