



Fitness Class Schedule

3/14/2024	MON	TUE	WED	THUR	FRI	SAT
8:00am	CARDIO STRENGTH	SILVER SNEAKERS		SILVER SNEAKERS	CARDIO KICKBOX	
8:30am						ZUMBA TONING
9:10am		STRENGTH & SCULPT		LOW IMPACT CIRCUIT	CARDIO STRENGTH	
9:20am		SAIL**		SAIL**		
9:45am	BARRE		BARRE			YOGA FLOW
10:20am		CARDIO HIIT 30 min		CARDIO HIIT 30 min	RECOVERY STRETCH 30 min	
11:00am	QIGONG	GENTLE YOGA	TAI CHI	GENTLE YOGA	TAI CHI	
12:15pm	YOGA FLOW		GROUP POWER	PILATES 45 min	ZUMBA	
2:00pm	SILVER SNEAKERS	ZUMBA	SILVER SNEAKERS		SILVER SNEAKERS	
4:30pm	GROUP POWER	BUTTS & GUTS	ZUMBA	GROUP POWER		
5:40pm	CENTERGY		CENTERGY	BARRE 5:45		
6:50pm	CARDIO JAM	YOGA FLOW	CARDIO JAM	YOGA FLOW		

Consult with your healthcare provider before beginning an exercise regimen.

**SAIL is held in the Les Gove Gym. Registration is required.