

FREE FITNESS WEEK

JANUARY 2-8, 2018

GROUP FITNESS CLASSES

TUESDAY, JANUARY 2

STRETCH & CORE (LAND)	8:30-9:25 A.M.
ZUMBA (LAND)	8:30-9:25 A.M.
BE FIT (WATER)	9:05-9:55 A.M.
FITNESS YOGA (LAND)	9:30-10:40 A.M.
HEIGHTS PUMP (LAND)	9:30-10:25 A.M.
BOOT CAMP (LAND)	5:30-6:25 P.M.
SPINNING (LAND)	6-6:55 P.M.
HYDRO FIT (WATER)	6-7 P.M.
H-2-O WHOA! (WATER)	7-8 P.M.

WEDNESDAY, JANUARY 3

YOGA & CORE (LAND)	6-6:55 A.M.
NUTRITION FOR LIFE (LAND)	8:30-9 A.M.
SPLASH & DASH (WATER)	8:30-9:45 A.M.
YOGA FLOW (LAND)	9-9:55 A.M.
CARDIO SCULPT (LAND)	9:30-10:25 A.M.
CORE AWARENESS (WATER)	10-10:45 A.M.
NIA (LAND)	10-10:55 A.M.
CIRCUIT TRAINING (LAND)	5:30-6:25 P.M.
FITBALL (LAND)	6-6:55 P.M.
YOGA (LAND)	7-7:55 P.M.

THURSDAY, JANUARY 4

STRETCH & CORE (LAND)	8:30-9:25 A.M.
ZUMBA (LAND)	8:30-9:25 A.M.
BE FIT (WATER)	9:05-9:55 A.M.
FITNESS YOGA (LAND)	9:30-10:40 A.M.
HEIGHTS PUMP (LAND)	9:30-10:25 A.M.
AQUA ZUMBA (WATER)	10-11 A.M.
BARRE BALANCE (LAND)	10:50-11:45 A.M.
BOOT CAMP (LAND)	5:30-6:25 P.M.
SPINNING (LAND)	6-6:55 P.M.
HYDRO FIT (WATER)	6-7 P.M.
INSANITY (LAND)	6:30-7:25 P.M.
H-2-O WHOA! (WATER)	7-8 P.M.

FRIDAY, JANUARY 5

YOGA & CORE (LAND)	6-6:55 A.M.
30 MINUTE HIIT (LAND)	8:30-9 A.M.
SPLASH & DASH (WATER)	8:30-9:45 A.M.
FITNESS FUSION (LAND)	9-9:55 A.M.
ZUMBA (LAND)	9:30-10:25 A.M.

SATURDAY, JANUARY 6

T3 (LAND)	8-9 A.M.
WATER WARRIOR (WATER)	8-9 A.M.
BARRE BALANCE (LAND)	8:30-9:25 A.M.
HYDRO FIT (WATER)	9-10 A.M.
YOGA (LAND)	9:30-10:45 A.M.
WELLNESS WATCHERS (LAND)	11-11:55 A.M.

SUNDAY, JANUARY 7

SUNDAY YOGA	10-11:15 A.M.
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MONDAY, JANUARY 8

YOGA & CORE (LAND)	6-6:55 A.M.
30 MINUTE HIIT (LAND)	8:30-9 A.M.
SPLASH & DASH (WATER)	8:30-9:45 A.M.
FITNESS FUSION (LAND)	9-9:55 A.M.
NIA (LAND)	10-10:55 A.M.
CIRCUIT TRAINING (LAND)	5:30-6:25 P.M.
BODY SCULPT (LAND)	6-6:55 P.M.
INSANITY (LAND)	6:30-7:25 P.M.

Sign up during
FREE FITNESS WEEK
and save 5% on your
Group Fitness Pass!

NO
REGISTRATION
NEEDED

ARRIVE
EARLY
CLASSES FILL
UP QUICKLY