

July 2018 Group Exercise Schedule



Room "A"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am		FLEX-N-TONE	CIRCUIT STRENGTH	FLEX-N-TONE	
6:30 am					
7:00 am					
8:30 am	INSTRUCTOR'S CHOICE	F.I.T.	CIRCUIT STEP	F.I.T.	ZUMBA
9:30 am	LOW IMPACT	OSTEO-PILATES*	LOW IMPACT	OSTEO-PILATES*	LOW IMPACT
10:30 am	SENIOR FITNESS	PILATES MAT*	THINK FIT	PILATES MAT*	SENIOR FITNESS
11:30 am		BEGINNING LINE DANCING	TAI CHI BASICS	BEGINNING LINE DANCING	
12:00 pm	BEGINNING YOGA*	INT/ADV LINE DANCING	STEADY STEPS	INT/ADV LINE DANCING	YOGA*
2:00 pm	HEALTHY HEART		HEALTHY HEART		HEALTHY HEART
4:30 pm	20/20	TLC KIDZ KLUB	20/20	TLC KIDZ KLUB	
5:30 pm	ZUMBA	PIYO	PLYOJAM	R.I.P.	ZUMBA
6:30 pm	YOGA*	TAI CHI	YOGA*		
7:30 pm		FUNCTIONAL FUSION		FUNCTIONAL FUSION	

Room "A"

Time	Saturday
7:30 am	FLEX-N-TONE
8:30 am	ZUMBA
9:30 am	PIYO
11:30 am	JUNIOR JIU-JITSU
12:30 pm	ADULT JIU-JITSU

SPIN - 4 - RETT

Saturday, July 21st
8:30 am – 12:30 pm

\$20 per hour ride / \$25 per hour ride

(Includes t-shirt and water bottle)

Come spin for a cure! Join for a great workout and to help bring awareness to Rett syndrome. Rett syndrome is a debilitating neurological disorder diagnosed almost exclusively in girls. This syndrome can be best described as the perfect storm of Autism, Multiple Sclerosis, Cerebral Palsy, Epilepsy and Parkinson's Disease all wrapped in one.

*4th of July Facility Hours:
6:00 am - 4:00 pm*

Room "B"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	SPINNING		SPINNING		SPIN CIRCUIT
6:30 am	LEAN Rx - \$\$	LEAN Rx - \$\$	LEAN Rx - \$\$	LEAN Rx - \$\$	
7:30 am					
9:30 am					SPIN CIRCUIT
10:30 am	BREATHING EASY		BREATHING EASY		BREATHING EASY
11:00 am		SIT-N-BE FIT		SIT-N-BE FIT	
12:00 pm		12:15 SPINNING		12:15 SPIN CIRCUIT	
4:30 pm	SPIN CIRCUIT	SPINNING	SPIN CIRCUIT	SPINNING	
5:30 pm	FLEX-N-TONE	FLEX-N-TONE	F.I.T.	KIDS KARATE / JIU-JITSU	
6:30 pm	SPINNING	BEGINNING KARATE	SPINNING	BEGINNING KARATE	
7:30 pm		ADVANCED KARATE		ADVANCED KARATE	

Room "B"

Time	Saturday
8:30 am	SPINNING

Time	Sunday
2:00 pm	SPINNING

* FOR YOUR SAFETY, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN YOGA OR PILATES IF YOU ARE MORE THAN 5 MINUTES LATE TO CLASS.