



727-232-8600

# Group Fitness Class Schedule

\$5 Drop in for non-members

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM		Boot Camp with Diane		Boot Camp with Diane		Boot Camp with Diane	
8:15 AM			Tight & Tone With Mary		Tight & Tone With Mary		Step & Sculpt With Patty
9 AM		Tabata's With Christine		Triple Threat With Christine		Zumba Gold With Donna	<u>9:15 AM</u> Octane With Christine
9:30 AM			Core With April		Core With April		
10:00 AM	Yoga w/ Diane Fenrich	Balance With Susan		Zumba Gold With Donna		Body Sculpt With Jaymee	<u>10:15 AM</u> Zumba With Sigrid
10:30 AM			Active Seniors With Susan		Active Seniors With Susan		
11 AM & 11:15 AM		Forever Fit With Andy		Forever Fit With Andy		<u>11:15 AM</u> Forever Fit With Andy	
12:00 PM			Silver Sneakers With Susan				
2:30 PM		Parkinson's Fitness w/ Donna & Andy		Parkinson's Fitness w/ Donna & Andy			
5:00 PM		Strong With Alicia	Step & Sculpt With Patty				
6:00 PM		Body Xtreme With April	Zumba With Alicia	Body Sculpt With Jaymee	Kick Aerobics with Eric		
7:00 PM		Jolt Dance With Jaymee	Body Defined With Jillian	Jolt Dance With Jaymee	Yoga With Jillian		

**Gym Hours:**

Monday – Friday 5am-9pm

Saturday & Sunday 8am-2pm