



SPRING FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am to 9:45am ZUMBA with Adrian LIGHTS OUT 		9am to 9:45am ZUMBA with Adrian LIGHTS OUT 		9am to 9:45am ZUMBA with Adrian LIGHTS OUT 	9:15am to 9:45am Xpress Circuit Toning with IOANNIS UPSTAIRS CIRCUIT 
10am to 11am Chair YOGA 	10am to 11am Enhance Fitness Class Don't Let Arthritis Stop you 		10am to 11am Enhance Fitness Class Don't Let Arthritis Stop you 		10am to 10:45am Strength Training with IOANNIS 
		5:30pm to 6:15pm ZUMBA Toning 		5:15pm to 5:50pm HIIT WITH CARI <u>STARTS 3/8/19</u> 	11am to 11:45am ZUMBA Toning 
5:30pm to 6:15pm Strength Training with IOANNIS 	5:30pm to 6:15pm ZUMBA With Damaris 	6:30pm to 7:15pm ZUMBA with CARI 	12:30pm to 1pm Static Stretching (Yoga Room) 	6pm to 6:45pm Youth Strength Champions (Equipment orientation for youth AGES 10-14) 	
6:30pm to 7:15pm ZUMBA with CARI 	6:30pm to 7:15pm ZUMBA with Adrian Lights out 	6:30pm to 7:15pm YOGALATES (YOGA Room) 	5:30pm to 6:15pm ZUMBA With Damaris 	6pm to 6:45pm ZUMBA Toning 	
7:15pm to 8pm Cardio Boxing (SMALL GYM) 		7:15pm to 8pm YOGA (YOGA Room) 	6:30pm to 7:15pm ZUMBA with Adrian Lights out 		
	7:15pm to 8pm Cynthia's CAMP (small gym)  Bootcamp	7:15pm to 8pm Cardio Boxing (SMALL GYM) 	7:15pm to 8pm Cynthia's CAMP (small gym)  Bootcamp		
7:25pm to 8:25pm Spin (studio) 		7:25pm to 8:25pm Spin (studio) 			