



# GROUP FITNESS SCHEDULE

For ages 14+. Access to group fitness classes included with daily admission. Fitness passes available, inquire at the front desk.

MON	TUE	WED	THU	FRI	SAT	SUN
	<b>7:00-8:00am</b> Yoga <i>all levels</i>					
<b>9:00-10:00am</b> Zumba® Gold	<b>9:00-10:00am</b> Zumba® Toning	<b>9:00-10:00am</b> Zumba® Gold	<b>9:00-10:00am</b> Zumba® Toning	<b>9:00-10:00am</b> Zumba® Gold		
<b>9:00-10:30am</b> Muay Thai Kickboxing		<b>9:00-10:30am</b> Muay Thai Kickboxing		<b>10:00-11:00am</b> Yoga <i>all levels</i>		
<b>9:30-10:30am</b> <i>Beginning</i> Pilates Mat	<b>10:15-11:15am</b> Yoga <i>all levels</i>	<b>9:30-10:30am</b> <i>Beginning</i> Pilates Mat		<b>10:00-11:00am</b> Strength Training	<b>9:30-10:30am</b> U-Jam Fitness®	
<b>10:30-11:30am</b> <i>Intermediate</i> Pilates Mat		<b>10:30-11:30am</b> <i>Intermediate</i> Pilates Mat		<b>10:15-11:15am</b> Pilates Mat	<b>10:30am-12:00pm</b> Muay Thai Kickboxing	
<b>10:45-11:45am</b> Yoga All Levels		<b>10:45-11:45am</b> Yoga All Levels		<b>11:30am-12:30pm</b> Chair Yoga	<b>10:45-11:45am</b> Tahiti Fit	<b>11:15am-12:30pm</b> Yoga All Levels
<b>12:00-1:00pm</b> Yoga <i>all levels</i>	<b>12:00-1:00pm</b> U-Jam Fitness®	<b>12:00-1:00pm</b> Yoga <i>all levels</i>				
		<b>12:00-1:00pm</b> Strong by Zumba®		<b>1:00-2:00pm</b> Nia	<b>1:00-2:00pm</b> Boot Camp	
		<b>4:45-5:45pm</b> POP Pilates				
		<b>5:30-6:30pm</b> Boot Camp	<b>5:30-6:30pm</b> Groov3™			
			<b>6:30-7:30pm</b> POUND®			