


GROUP FITNESS CLASS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------------------------------|----------------------------------|--|--|---|----------|
| 8:00 | | | Cardio/Total Body - Debbie | Resistance Training - Debbie | | |
| 9:00 | Multi-Cardio & Weights - Joni | Interval Training - Joni | | | | |
| 9:15 | | | | Balance Yoga - Joni | | |
| 9:30 | | | | | Cardio Dance/weights - Joni | |
| 9:45 | | Chair Yoga - Joni | | | | |
| 10:00 | | | Body Sculpting - Teri | Just Muscle - Joni | | |
| 12:00 | Active Senior - Joe | Silver Sneaker Classic - Teri | Active Senior - Joe | Silver Sneaker Classic - Teri | Active Senior - Joe | |
| 7:00 PM | | | | Dance Fitness= Rodney \$5 drop in | | |
| | | | <u>Staffed Hours</u> Monday-Friday 8-8 Saturday & Sunday 8-2 | 4028 Little Road Trinity, Fl 34655 (727)476-1177 |  | |