

JUNE 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 - Jon				NEW Mat Pilates
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	
6:30 P.M.	NEW Mat Pilates -Erika					
7:30 P.M.			<u>Staffed Hours</u> Monday-Friday 8-8 Saturday & Sunday 8-2	4028 Little Road Trinity, Fl 34655 (727)476-1177		