

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00			Cardio/lower body Debbie	Resistance training Debbie			
8:30	Multi cardio & weights Joni	Senior Elite Kathy				RIP / Carol	
9:15			Pilates Joni	Spin Joni			
9:30	Spin, Teri				Cardio Dance/ Weights Joni	Rhythm & Move/ Joni	
10:00	Body Sculpt Teri	9:45- Chair Yoga Joni	Cardio/strength interval/Joni	Multi cardio/ weights Joni		YOGA Joni	
11:00		Cardio/strength interval Joni					
12:00	Active Senior Joe	Silver Sneaker Classic Teri	Active Senior Joe	Silver Sneaker Classic Teri	Active Senior Joe		
5:30		HIIT Carrie					
5:45			Zumba Alicia				
6:00	Strong Alicia						
		4028 Little Road Trinity, FL 34655 727-375-1116		<u>Club Hours</u> Monday-Friday 8:00am-8:00pm Saturday-Sunday 8:00am-2:00pm			<u>Joni Taddie-Pitcock</u> Group Fitness Director