


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00			Cardio/lower body - Debbie	Resistance training - Debbie			
8:30	Multi cardio & weights -Joni	Total Body training -Joni				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		
5:45  6:00							
		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