

DEMO WEEK for Fall Session II

October 13th-19th

Adult Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Total Body Burn			6:30-7:15pm				
Low Impact Aerobics				9:10-10:00am Easy Aerobics			
Head To Toe Toning					5:30-6:20am		
Early Bird Circuit	5:45-6:30am		5:45-6:30am				
Step / Circuit		9:10-10:00am	5:30-6:30pm				
Noon Fitness (Step/Toning/Circuit)	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit		
Core & More	9:10-10:00am		9:10-10:00am		9:10-10:00am		
Group Strength	8:15-9:00am	10:15-11:00am	8:15-9:00am		10:15-11:00am Session II & III only		
Cardio Kickboxing		6:40-7:30pm					
Zumba®	5:30-6:25pm	10:10-10:55am NEW TIME!	5:30-6:25pm				
Boot Camp		5:30-6:30pm		5:30-6:30pm			
Yoga	10:00-11:00am Senior/ Chair Yoga 1:00-2:00pm Beginner		10:10-11:10am All-Level	6:00-7:00pm Flow & Restore Yoga			1:00-1:50pm Parent/Child Yoga
Pilates	6:40-7:30pm	5:30-6:25pm	6:40-7:30pm				
Shorin Ryu Karate	5:30-7:00pm		5:30-7:00pm	5:30-6:30pm (Advanced)			
T'ai Chi		6:15-7:00am		6:15-7:00am			
Aqua Yoga - NEW!				9:30-10:30am			
Aqua Zumba	5:45-6:30pm						