



SaddleBrooke HOA2
Fitness and Wellness



DECEMBER 22

SB2 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS TIME: 7:00 AM	SGT STRENGTH &... MARIPOSA ROOM WITH JEANNETTE		POWER HOUR MARIPOSA ROOM WITH TOM SESSION BASED			
CLASS TIME: 8:00 AM	FLOW & RESTORE MV BALLROOM WITH DYE SGT - TRX L1 MARIPOSA ROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH JEANNETTE	GENTLE FLOW & ... MV BALLROOM WITH TBD POPJAM MARIPOSA ROOM WITH YVONNE	STRENGTH MARIPOSA ROOM WITH JEANNETTE / YVONNE	YOGA FOR A HEALTHY BACK MV BALLROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH MARICA
CLASS TIME: 9:15 AM	POPJAM MARIPOSA ROOM WITH YVONNE	BARRE FITNESS MARIPOSA ROOM WITH TBD	MAT PILATES MARIPOSA ROOM WITH YVONNE	BARRE BURN TR... MARIPOSA ROOM WITH TERILEE	CARDIO DANCE BLAST MARIPOSA ROOM WITH MICHELE	BROGA MARIPOSA ROOM WITH BILL
CLASS TIME: 9:30 AM			PARKINSON'S CLASS PALOMA ROOM WITH MARCIA		PARKINSON'S CLASS PALOMA ROOM WITH MARCIA	
CLASS TIME: 10:30 AM	MAT PILATES MARIPOSA ROOM WITH YVONNE	SGT - BALANCE & FALL PREVENTION MARIPOSA ROOM WITH MICHELE	SGT - TRX L1 MARIPOSA ROOM WITH TOM	SGT - BALANCE & FALL PREVENTION MARIPOSA ROOM WITH MICHELE		
CLASS TIME: 11 AM / 1 PM		1:00 PM DESTINATION BARRE GOLD MARIPOSA ROOM WITH TERILEE	11:00 AM TAI CHI II PALOMA ROOM WITH MARCIA SESSION BASED		11:00 AM BEGINNING TAI CHI PALOMA ROOM WITH MARCIA SESSION BASED	
CLASS TIME: 4:30 PM		HATHA YOGA MARIPOSA ROOM WITH DYE		SLOW FLOW YOGA MARIPOSA ROOM WITH DYE		

AQUA CLASSES

CLASS TIME: 9:00 AM	AQUA ARTICULA- TIONS & CARDIO MV POOL WITH MICHELE		HIIT H2O MV POOL WITH JEANNETTE		TOTAL BODY AQUA MV POOL WITH KIM	AQUA INTERVALS MV POOL WITH ANNAMARIE
CLASS TIME: 9:30 AM		WATER WALKING PRESERVE POOL WITH JEANNETTE		WATER WALKING PRESERVE POOL WITH JEANNETTE		



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HOA2 FITNESS CLASSES ARE \$7

Pay by Member Charge or Unlimited Monthly Fitness Class Pass (workshops, seminars & DV cycling classes excluded, passes are non-transferable & guests not included). SGT Classes are \$10 and not included with the Unlimited Fitness Class Pass. | Session Based Classes vary per class and not included with the Unlimited Fitness Class Pass. Schedule Subject to Change without Notice.