

# Fitness Schedule March 2024

**RESIDENTS/GUESTS OF ALL FITNESS LEVELS ARE WELCOME! PRE-REGISTRATION REQUIRED FOR MARTIAL ARTS, ADULT DANCE AND ZERO GRAVITY (youth dance). ALL CLASSES ARE (CERTIFIED) INSTRUCTOR LEAD, EXCEPT THOSE SHOWN AS "FREE" BELOW. All Instructors must be certified and insured to teach fee based classes.**

	MON	TUE	WED	THU	FRI	SAT	SUN
6 am							
7am		HIIT CIRCUIT		HIIT CIRCUIT			
8am	BODY PUMP		BODY PUMP		BODY PUMP		STEP/CORE
9am	YIN YOGA	PILATES	YOGA FLOW	PILATES	YOGA FLOW	CARDIO SCULPT	8:30-9:30a
10am						YIN YOGA	
10:30am	WATER AEROBICS (pool)		WATER AEROBICS (pool)		WATER AEROBICS (pool)		
11am	BARRE	POOL PILATES	BARRE	POOL PILATES			
12 pm							
1pm							
2pm							
3pm		ZERO GRAVITY			ZERO GRAVITY		
4pm		ZERO GRAVITY	ZERO GRAVITY	ZERO GRAVITY	ZERO GRAVITY		
5pm		ZERO GRAVITY	ZERO GRAVITY	ZERO GRAVITY	ZERO GRAVITY		
6pm	MARTIAL ARTS	ZERO GRAVITY	YOGA FLOW	MARTIAL ARTS			
7pm	MARTIAL ARTS		6:30 - 7:30p	MARTIAL ARTS			
8pm			ADULT DANCE				

**PILATES - JESSICA MAFALE (612) 518-4157 - \$5/CLASS**

**WATER AEROBICS - LISA GAMBLIN (239) 896-7533 - \$6/CLASS (WEATHER PERMITTING)**

**BODY PUMP & BEACH BODY (VIDEO-NO INSTRUCTOR) - FREE**

**CARDIO SCULPT FUSION - VICTORIA GABLE (845) 558-0999 - \$5/CLASS**

**YIN YOGA - PEGGY GIANARIS (847) 533-1294 - \$5/CLASS**

**ZERO GRAVITY DANCE (youth) - GABRIELLA VANN (239) 688-1078 CALL FOR PRICING**

**POWER YOGA - TERESA CRISTELLO (518) 366-6538 \$5/CLASS & STEP/CORE - FREE**

**HIIT CIRCUIT-KELLY OLIN (248) 703-4024 - FREE**

**MARTIAL ARTS (youth) -CALL CHAD WILBUR (850) 556-5045 \$99 FEE & \$75 PER MONTH**

**WOMEN'S CIRCLE (coming January 24)- CALL KRISTIN BITONTE (513) 646-5987 \$5/CLASS**

**WEIGHTROOM ORIENTATION (UPON REQUEST): FREE, BARRE & POOL PILATES: \$5 PER CLASS WITH NATALYA (CONTACT - fitpool@tpcorkscrew.com)**

**ADULT DANCE - RODNEY HARRIS (contact: harris8881@aol.com for registration)**