

Coronado Fitness Center Class Schedule

Land classes will be held at the Coronado Community Center. **Tai Chi** and will be held at the Porte Cochere at Ponce De Leon Center, 1101 Desoto Blvd.

Maximum capacity allowed in each **land class** is 15 patrons.

Registration for **Land classes** are on a "week-by-week" basis, on every Thursday at the Coronado Fitness Center.

Water classes at the natatorium are on a "first-come, first-serve" basis.

Check in will be at the Coronado Fitness Center. If questions, contact the Coronado Fitness Center: (501) 922 1230

2020		November			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Nia at CCC 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	03 8am Vinyasa Yoga at CCC 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	04 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Basic Yoga 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	05 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	06 9am Barre 9:30am Shallow Water 11am Arthritis Aquatics	07 9am Turtles Water Class
09 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Nia at CCC 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	10 8am Vinyasa Yoga at CCC 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	11 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Basic Yoga 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	12 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	13 9am Barre 9:30am Shallow Water 11am Arthritis Aquatics	14 9am Turtles Water Class
16 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Nia at CCC 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	17 8am Vinyasa Yoga at CCC 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	18 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Basic Yoga 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	19 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	20 9am Barre 9:30am Shallow Water 11am Arthritis Aquatics	21 9am Turtles Water Class
23 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Nia at CCC 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	24 8am Vinyasa Yoga at CCC 10am Dance Fitness 11am Pilates 12pm Tone Time 9:30am Shallow Water 12pm Arthritis Aquatics	25 No Classes	26 CFC CLOSED	27 No Classes	28 9am Turtles Water Class
30 8:30am Tai Chi at Ponce Center 9am Spin Class 10am Nia at CCC 12pm Silver Sneakers 9:30am Shallow Water 11am Arthritis Aquatics	01	<ul style="list-style-type: none"> • Annual pass and insurance members may attend any class as part of your membership privileges. If you are not yet a member of the fitness center, please have exact change to pay for the class. <p><u>Bring your own mat and water</u></p>			

