



# FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Schedule Begins Monday

**February 27** and is subject to change

**Participants Must Register With The Front Desk Each Session**

**7 Week Sessions:**  
There are **NO MORE** breaks in between sessions

**All Participants Must Register With The Front Desk Each Session**

Classes may be **cancelled** due to low registration. **6** person minimum per class

**\*indicates water classes**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:30 Spinning W/Casey	Rise and Shine YOGA 5:30-6:30	5:30-6:15 Spinning w/Joanna	5:30-6:15 strictly strength w/joanna		
	8:30-9:30 Aquazumba* Cardio Naida/winnie		8:30-9:30 Aquafit-				
	8:30-9:15 Silver Sneakers Cardio Circuit/ed	8:00-9:00 Aquatone/*	8:30-9:15 Silver Sneakers Cardio Circuit	8:30-9:15 Silver Sneakers Basic ED/Cathie		8:30-9:15 Y Work Out ED	
		8:30-9:15 Chair Yoga Fit Tanya S		8:00-9:00 Aquatone*	9:15-10:00 Aqua Sampler*	9:00-10:00 Spinning w/Casey	
	9:15-10:00 Enhance Fitness w/Ed	9:30-10:15 Y Work Out/Shari	9:15-10:00 Enhance Fitness w/Kim	9:30-10:15 Y Work Out/ED	9:15-10:00 Enhance Fitness w/karen		
	9:30-10:30 Mindful Morning Yoga Sharri				9:30-10:45 Mixed Level Yoga Sharri		
	10:00-11:00 Warm Water Ex*	10:00-11:00 Warm Water *	10:00-11:00 Warm Water EX*	10:00-11:00 Warm Water *	10:00-11:00 Warm Water EX		
	12:15-1:00 SPINNING Casey	5:30-6:30 Cardio Step/Strength Marlene	12:15-1:00 SPINNING Sue				
	5:30-6:30 Aquafit*	5:30-6:30 SPINNING/ Joanna	<b>4:15-5:00 Zumba</b> <b>5:00-5:45</b> muscle/cardio Winnie	5:30-6:15 Insanity live 5:30-6:30 Aquafit			
	5:30 -6:30 x-treme power pump naida	6:15-7:15 Yoga-	6:00-6:45 cardio step/strength w/Alex <b>5:30-6:30</b> Aquafit	5:30-6:15 SPINNING /Kathy			
		6:30-7:30 Aquatone/Tr*		6:30-7:15 Aqua Zumba			
		6:30-7:30 So you think you can Salsa/Edward					



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