



FIND WHAT MOVES YOU

MON	TUES	WED	THURS	FRI	SAT
YFIT 5:00am Fit Center		YFIT 5:00am Fit Center			
	HIIT 7:00am Aerobics Room		HIIT 7:00am Aerobics Room		
ABSOLUTE 8:30am Aerobics Room	YOGA 8:30am Aerobics Room	PILATES 8:30am Aerobics Room	YOGA 8:30am Aerobics Room	PILATES 8:30am Aerobics Room	
WATER EXERCISE 9:00am Rec Pool	DIFFICULTY W/ MOVEMENT 8:45am Rec Pool	WATER EXERCISE 9:00am Rec Pool	DIFFICULTY W/ MOVEMENT 8:45am Rec Pool	WATER EXERCISE 9:00am Rec Pool	
SPINNING 9:30am Aerobics Room	CIRCUIT 9:30am Aerobics Room	SPINNING 9:30am Aerobics Room	CIRCUIT 9:30am Aerobics Room	SPINNING 9:30am Aerobics Room	
	YFIT 9:30am Fit Center		YFIT 9:30am Fit Center		
WATER EXERCISE 10:00am Rec Pool	WATER EXERCISE 10:00am Rec Pool	WATER EXERCISE 10:00am Rec Pool	WATER EXERCISE 10:00am Rec Pool	WATER EXERCISE 10:00am Rec Pool	
ENHANCE FITNESS* 10:45am Aerobics Room		ENHANCE FITNESS* 10:45am Aerobics Room		ENHANCE FITNESS* 10:45am Aerobics Room	
FAST & FIT 12:10pm Aerobics Room		FAST & FIT 12:10pm Aerobics Room		FAST & FIT 12:10pm Aerobics Room	
	CARDIO SCULPT 4:30pm Aerobics Room		CARDIO SCULPT 4:30pm Aerobics Room		
	WATER EXERCISE 5:30pm Rec Pool		WATER EXERCISE 5:30pm Rec Pool		
	HYDROFIT 5:30pm Lap Pool		HYRDOFIT 5:30pm Lap Pool		
PILATES FUSION 5:30pm Aerobics Room	ELEVATE 5:30pm Aerobics Room	PILATES FUSION 5:30pm Aerobics Room	ELEVATE 5:30pm Aerobics Room		
ZUMBA 6:30pm Aerobics Room	ADVANCED CORE 6:30pm Aerobics Room	ZUMBA 6:30pm Aerobics Room	ADVANCED CORE 6:30pm Aerobics Room		
	YOGA 7:00pm Aerobics Room		YOGA 7:00pm Aerobics Room		



*Registration Required. Sign up at the Front Desk