



JULY 2018

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00	PILATES Marci	ZUMBA Gold Marci				ZUMBA fitness Marci
9:00-10:00	ZUMBA Toning Marci	TOTAL BODY WORKOUT Beverly	ABS & STRENGTH Beverly	TOTAL BODY WORKOUT Beverly	HATHA YOGA Tonia 8:30-9:30	YOGA All levels welcome 9:00-10:15
10:00-11:00	SILVER SNEAKERS Chuck/Kim	SENIOR FIT Beverly	SENIOR FIT Beverly	SENIOR FIT Beverly	SILVER SNEAKERS Chuck/Kim	July 7 Liz July 14 Tonia July 21 Liz July 28 Tonia
11:00-12:00		CHAIR YOGA Beverly (11-11:30)	HATHA YOGA Tonia EXPRESS WORKOUT Kim		CHAIR YOGA Chuck/Kim	
4:00-5:00	HATHA YOGA Tonia					
5:30-6:30	ZUMBA Toning Marci	SPINNING Chuck	PILATES Marci	SPINNING Chuck	ZUMBA Toning Marci	
6:30-7:30	SWIM FIT Esther Fruitland Park Pool		SWIM FIT Esther Fruitland Park Pool			
6:45-7:45		GENTLE FLOW YOGA Monica	ZUMBA fitness Marci			

***ALL CLASSES ON THIS SIDE FREE with MEMBERSHIP**

Fitness Hours:
Mon.-Thur. 5am - 8:00pm
Fri. 5am - 6:30pm
Sat. 8:00am - 12:00pm
Sun. 24/7 Access Only

Day Care Hours:
Mon-Fri 8:00am- 10:00am
Mon-Thurs 5:00pm - 8:00pm
Friday 5:30-6:30

For more information, visit our website,
bestinfinity.com or call 352-326-5796

3200 US Hwy 441/27
Fruitland Park, FL 34731



PREMIUM CLASSES

ASK US ABOUT FEES and SPECIAL RATES

July 2018

	Mon	Tues	Weds	Thurs	Fri
6:00 - 7:00 am	BOOT CAMP Tyrell		BOOT CAMP Tyrell		BOOT CAMP Tyrell
7:00- 8:00 am					
8:00- 9:00 am	BOOT CAMP Tyrell		BOOT CAMP Tyrell		BOOT CAMP Tyrell
10:15- 11:15 am	TRX Marci (upstairs)		TRX Marci (upstairs)		
5:30- 6:30 pm	BOOT CAMP Tyrell		BOOT CAMP Tyrell		
6:30- 7:30 pm	TRX Marci (upstairs)				



**TRX – first class FREE

**See Instructor for FEES and special packages.