



December 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	HEARTBEATS (Drum cardio) Beverly NEW!	TOTAL BODY WORKOUT Beverly	HATHA YOGA Tonia 8:30-9:30	YOGA All levels welcome Tonia
10:00-11:00	SILVER SNEAKERS Chuck/Kim	SENIOR FIT Beverly	SENIOR FIT Beverly	SENIOR FIT Beverly	SILVER SNEAKERS Chuck/Kim	YOUTH BOXING 10:30-11:30 Coach Aaron
11:00-12:00	SENIOR CIRCUIT Liz NEW!	CHAIR YOGA Beverly (11-11:30)	HATHA YOGA Tonia EXPRESS WORKOUT Kim		CHAIR YOGA Chuck/Kim	
4:00-5:00	YIN YOGA BALANCE Tonia					
5:30-6:30	ZUMBA Toning Marci	SPINNING Chuck	PILATES Marci	SPINNING Chuck	ZUMBA Toning Marci	
6:45-7:45			ZUMBA fitness Marci	OPEN YOGI (Beginners) Teresa UPSTAIRS		

We will be closed 12/24, 12/25, and 12/31.

***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

December 2018

	Mon	Tues	Weds	Thurs	Fri
6:00 - 7:00 am	BOOT CAMP Tyrell	BOXING CLUB Coach Aaron 6:30-7:30	BOOT CAMP Tyrell	BOXING CLUB Coach Aaron 6:30-7:30	BOOT CAMP Tyrell
8:00- 9:00 am	BOOT CAMP Tyrell		BOOT CAMP Tyrell		BOOT CAMP Tyrell
9:00- 10:00 am		BOXING CLUB Coach Aaron		BOXING CLUB Coach Aaron	
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 and BOXING– first class FREE

**See Instructor for FEES and special packages.