



# January 2019

## FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00	<b>PILATES</b> Marci	<b>ZUMBA Gold</b> Marci	<b>HEARTBEATS (Drum cardio)</b> Beverly <b>NEW!</b>			<b>ZUMBA fitness</b> Marci
9:00-10:00	<b>ZUMBA Toning</b> Marci	<b>TOTAL BODY WORKOUT</b> Beverly	<b>TOTAL BODY WORKOUT</b> Beverly	<b>TOTAL BODY WORKOUT</b> Beverly	<b>HATHA YOGA</b> Tonia 8:30-9:30	<b>YOGA</b> All levels welcome Tonia
10:00-11:00	<b>SILVER SNEAKERS</b> Chuck/Kim	<b>SENIOR FIT</b> Beverly	<b>SENIOR FIT</b> Beverly	<b>SENIOR FIT</b> Beverly	<b>SILVER SNEAKERS</b> Chuck/Kim	<b>YOUTH BOXING</b> 10:30-11:30 Coach Aaron
11:00-12:00		<b>CHAIR YOGA</b> Beverly (11-11:30)	<b>HATHA YOGA</b> Tonia  <b>EXPRESS WORKOUT</b> Kim		<b>CHAIR YOGA</b> Chuck/Kim	
4:00-5:00	<b>GENTLE FLOW YOGA</b> Tonia					
5:30-6:30	<b>ZUMBA Toning</b> Marci	<b>SPINNING</b> Chuck	<b>PILATES</b> Marci	<b>SPINNING</b> Chuck	<b>ZUMBA Toning</b> Marci	
6:45-7:45			<b>ZUMBA fitness</b> Marci	<b>OPEN YOGI (Beginners)</b> Teresa		

**\*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](http://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

## January 2019

	Mon	Tues	Weds	Thurs	Fri	Sat
6:00 – 7:00 am	<b>BOOT CAMP</b> Tyrell	<b>BOXING CLUB</b> Coach Aaron <b>6:30-7:30</b>	<b>BOOT CAMP</b> Tyrell	<b>BOXING CLUB</b> Coach Aaron <b>6:30-7:30</b>	<b>BOOT CAMP</b> Tyrell	
8:00 – 9:00 am	<b>BOOT CAMP</b> Tyrell		<b>BOOT CAMP</b> Tyrell		<b>BOOT CAMP</b> Tyrell	
9:00 – 10:00 am		<b>BOXING CLUB</b> Coach Aaron		<b>BOXING CLUB</b> Coach Aaron		<b>BOXING CLUB</b> Coach Aaron
10:15 -- 11:15 am	<b>TRX</b> Marci (upstairs)		<b>TRX</b> Marci (upstairs)			
5:30 -- 6:30 pm	<b>BOOT CAMP</b> Tyrell		<b>BOOT CAMP</b> Tyrell			
6:30 -- 7:30 pm	<b>TRX</b> Marci (upstairs)					



**\*\*TRX and BOXING– first class FREE**

**\*\*See Instructor for FEES and special packages.**