



March 2019

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30		BASIC FLOW YOGA Teresa				
8:00-9:00	PILATES Marci	ZUMBA Gold Marci				ZUMBA fitness Marci
9:00-10:00	ZUMBA Toning Marci	TOTAL BODY WORKOUT Beverly	TOTAL BODY WORKOUT Beverly	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	CHAIR YOGA Chuck		HATHA YOGA Tonia ORIENTATION Kim		CHAIR YOGA Chuck/Kim	
4:00-5:00	Open Yoga All Levels Jim					
5:30-6:30	ZUMBA Toning Marci	SPINNING Chuck	PILATES Marci	SPINNING Chuck	ZUMBA Toning Marci	
6:45-7:45			ZUMBA fitness Marci	BASIC FLOW YOGA Teresa		

****Coming in April – Aerial Yoga – Saturdays 7:45 a.m.****

***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

March 2019

	Mon	Tues	Weds	Thurs	Fri	Sat
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
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.**