



March 2020

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	GROUP BLAST Kim	STEP & STRENGTH Marci W	GROUP BLAST Kim	HATHA YOGA Jim 8:30-9:30	YOGA All levels welcome Teresa
10:00-11:00	SILVER SNEAKERS Chuck/Kim	SILVER SNEAKERS Kim	SILVER SNEAKERS Marci W	SILVER SNEAKERS Marci W	SILVER SNEAKERS Chuck/Kim	
11:00-12:00	CHAIR YOGA Chuck		YOGA FLOW Tonina ORIENTATION Kim		CHAIR YOGA Chuck	
4:00-5:00	POWER YOGA All Levels Jim					
5:30-6:30	ZUMBA Toning Marci ORIENTATION Anita	SPINNING Chuck	PILATES Marci	SPINNING Chuck	ZUMBA Toning Marci	
6:45-7:45		STEP & STRENGTH Marci W <i>Just Added</i>	ZUMBA fitness Marci	AERIAL YOGA (upstairs) Teresa		

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

Fitness Hours:

Mon.-Thur. 530am - 8:00pm
 Fri. 530 am - 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 5:00-6:30

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 2020

	Mon	Tues	Weds	Thurs	Fri	Sat
6:00 – 7:00 am	BOOT CAMP Tyrell		BOOT CAMP Tyrell		BOOT CAMP Tyrell	
8:00 – 9:00 am	BOOT CAMP Tyrell		BOOT CAMP Tyrell		BOOT CAMP Tyrell	
9:00 – 10:00 am						
10:15 -- 11:15 am	TRX Marci (upstairs)		TRX Marci (upstairs)			
5:00 -- 6:00 pm	BOOT CAMP Tyrell		BOOT CAMP Tyrell			
6:30 -- 7:30 pm	TRX Marci (upstairs)	AERIAL YOGA Teresa (upstairs) 6:45				



****TRX first class FREE**

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