



November 2020

FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50	PILATES Marci	ZUMBA Gold Marci				ZUMBA fitness Marci
9:00-9:50	ZUMBA Toning Marci	GROUP BLAST Kim		GROUP BLAST Kim	HATHA YOGA Jim 8:30 am	YOGA All levels Teresa
10:00-10:50	SILVER SNEAKERS Marci W	SILVER SNEAKERS Video Class	SILVER SNEAKERS Kim	SILVER SNEAKERS Video Class	SILVER SNEAKERS Video Class	
11:00-12:00	CHAIR YOGA Video Class		YOGA FLOW Jim ORIENTATION Kim		CHAIR YOGA Video Class	
5:30-6:30	ZUMBA Toning Marci ORIENTATION Anita	SPINNING Pam	PILATES Marci	SPINNING Pam POWER YOGA Desiree (upstairs)	ZUMBA Toning Marci OUTSIDE on the ASTROTURF	
6:45-7:45		STEP & STRENGTH Sheila	ZUMBA fitness Marci			

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

Fitness Hours:

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

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

3200 US Hwy 441/27
 Fruitland Park, FL 34731

HOLIDAY HOURS Weds 11/25: 6am – 12 pm Thurs 11/26 CLOSED

Fri 11/27 6am – 1 pm Sat 11/28 CLOSED

PREMIUM CLASSES



ASK US ABOUT FEES and SPECIAL RATES

November 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)			
5:30 -- 6:30 pm	BOOT CAMP Tyrell		BOOT CAMP Tyrell			
6:30 -- 7:30 pm	TRX Marci (upstairs)	AERIAL YOGA 6:45 (upstairs) ←		AERIAL YOGA 6:45 (upstairs) ← NEW		



**TRX first class FREE

**See Instructor for FEES and special packages.