



# October 2021

## FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00-8:50</b>	<b>PILATES</b> Marci	<b>ZUMBA Gold</b> Marci				<b>ZUMBA fitness</b> Marci
<b>9:00-9:50</b>	<b>ZUMBA Toning</b> Marci	<b>GROUP BLAST</b> Kim	<b>SILVER SNEAKERS</b> Janet	<b>GROUP BLAST</b> Kim	<b>YOGA 8:30</b> Brittany	<b>YOGA All levels</b> Teresa
<b>10:00-10:50</b>	<b>SILVER SNEAKERS</b> Janet	<b>SILVER SNEAKERS</b> Angela	<b>STRENGTH TRAINING</b> Janet	<b>SILVER SNEAKERS</b> Angela	<b>SILVER SNEAKERS</b> Janet	
<b>11:00-12:00</b>	<b>GENTLE YOGA</b> Janet		<b>YOGA</b> Janet	<b>ORIENTATION</b> Kim	<b>GENTLE YOGA</b> Janet	
<b>4:00-5:00</b>	<b>POWER YOGA</b> Janet		<b>POWER YOGA</b> Janet			
<b>5:30-6:30</b>	<b>ZUMBA Toning</b> Marci  <b>ORIENTATION</b> Anita	<b>SPINNING</b> Pam	<b>PILATES</b> Marci	<b>SPINNING</b> Pam	<b>ZUMBA Toning</b> Marci	
<b>6:45-7:45</b>			<b>ZUMBA fitness</b> Marci	<b>AERIAL YOGA</b> Teresa		

**\*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](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



## October 2021

	Mon	Tues	Weds	Thurs	Fri	Sat
6:00 – 7:00 am	<b>BOOT CAMP</b> Tyrell		<b>BOOT CAMP</b> Tyrell		<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						
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)	<b>AERIAL YOGA</b> 6:45 (upstairs)				



**\*\*TRX first class FREE**

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