



December 2022

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	SILVER SNEAKERS Janet	GROUP BLAST Kim	YOGA Janet 8:30-9:30	YOGA All levels Teresa
10:00-10:50	SILVER SNEAKERS Janet	SILVER SNEAKERS Angela	STRENGTH TRAINING Janet	SILVER SNEAKERS Angela	SILVER SNEAKERS Janet	
11:00-12:00	GENTLE YOGA Janet	LINE DANCING Janet	YOGA Janet	ORIENTATION Kim	GENTLE YOGA Janet	
12:00 – 12:30			NEW MEET THE TRAINER Al			
5:30-6:30	ZUMBA Toning Marci ORIENTATION Kourtnei		PILATES Marci	XTREME HIP-HOP Adrienne 6:00-7:00	ZUMBA Toning Marci	
6:30-7:30	NEW MEET THE TRAINER Al			SUNSET YOGA Teresa		
6:45-7:45	YOGA Victoria		ZUMBA fitness Marci			

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

Fitness Hours:

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



PREMIUM CLASSES

ASK US ABOUT FEES and SPECIAL RATES

December 2022

	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 CLINICS by appt			



****TRX first class FREE**

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