



May 2023

FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50	PILATES Marci	ZUMBA Gold Marci			POWER YOGA Leslie	ZUMBA fitness Marci
9:00-9:50	ZUMBA Toning Marci	GROUP BLAST Kim	SILVER SNEAKERS CIRCUIT Angela	GROUP BLAST Kim	GENTLE CHAIR YOGA Leslie	YOGA All levels Teresa
10:00-10:50	SILVER SNEAKERS Angela	SILVER SNEAKERS Angela	SILVER SNEAKERS Angela	SILVER SNEAKERS Angela	SILVER SNEAKERS Angela	
11:00-12:00	ORIENTATION Kim	TAI CHI Sensei Al		TAI CHI Sensei Al		
5:30-6:30	ZUMBA Toning Marci	ORIENTATION Chris	PILATES Marci		ZUMBA Toning Marci	
6:00-7:00				STEP-CROSS-KICK Adrienne		
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

May 2023

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



****TRX first class FREE**

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