



# February 2024



## Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00-8:50</b>	<b>PILATES</b> Marci	<b>ZUMBA Gold</b> Marci		<b>ORIENTATION</b> 8:30 Kourtni <b>**sign up in advance**</b>	<b>POWER YOGA</b> Leslie	<b>ZUMBA fitness</b> Marci
<b>9:00-9:50</b>	<b>ZUMBA Toning</b> Marci	<b>GROUP BLAST</b> Kim	<b>SILVER SNEAKERS FOR BALANCE</b> Angela	<b>GROUP BLAST</b> Kim	<b>GENTLE CHAIR YOGA</b> Leslie	<b>YOGA All levels</b> Teresa
<b>10:00-10:50</b>	<b>SILVER SNEAKERS</b> Angela	<b>SILVER SNEAKERS</b> Angela	<b>SILVER SNEAKERS</b> Angela	<b>SILVER SNEAKERS</b> Angela	<b>SILVER SNEAKERS</b> Angela	
<b>11:00-12:00</b>		<b>TAI CHI</b> Mike		<b>TAI CHI</b> Mike		
<b>5:30-6:30</b>	<b>ZUMBA Toning</b> Marci	<b>GROUP BLAST</b> Kim <b>NEW</b> <b>ORIENTATION</b> Harmoni <b>**sign up in advance**</b>	<b>PILATES</b> Marci	<b>GROUP BLAST</b> Kim <b>NEW</b>	<b>ZUMBA Toning</b> Marci	
<b>6:45-7:45</b>	<b>YOGA</b> Victoria		<b>ZUMBA fitness</b> Marci			

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

Mon-Fri 8:00am- 10:00am  
Mon-Thurs 5:00pm - 8:00pm

**Fitness Hours:**  
**information, visit our website,**  
 Mon.-Thur. 6:00am - 8:00pm  
 326-5796  
 Fri. 6:00 am - 1:00pm  
 Sat. 8:00am - 12:00pm  
 Sun. 24/7 Access Only

**Day Care Hours:**

**For more**

bestinfinity.com or call 352-

3200 US Hwy 441/27  
 Fruitland Park, FL 34731

# PREMIUM CLASSES

ASK US ABOUT FEES and SPECIAL RATES

## February 2024

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



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

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