



APRIL 2024

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50	PILATES Marci	ZUMBA <i>Gold</i> Marci		ORIENTATION 8:30 am KOURTNI **SIGN UP IN ADVANCE**	POWER YOGA Leslie	ZUMBA <i>fitness</i> Marci
9:00-9:50	ZUMBA <i>Toning</i> Marci	GROUP BLAST Kim	SILVER SNEAKERS FOR BALANCE 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		TAI CHI MIKE	NEW YOGA Barbie	TAI CHI MIKE		
5:30-6:30	ZUMBA <i>Toning</i> Marci	NEW YOGA Barbie ORIENTATION HARMONI **SIGN UP IN ADVANCE**	PILATES Marci		ZUMBA <i>Toning</i> Marci	
6:45-7:45			ZUMBA <i>fitness</i> Marci			

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

Fitness Hours:
information, visit our website,
 Mon.-Thur. 6:00am - 8:00pm
 326-5796
 Fri. 6:30 am - 1:00pm
 Sat. 8:00am - 12:00pm

Day Care Hours
 Mon-Fri 8:00am-
 10:00am
 Mon-Thurs 5:00pm -

For more
 bestinfinity.com or call 352-

3200 US Hwy 441/27

PREMIUM CLASSES

ASK US ABOUT FEES and SPECIAL RATES

April 2024

	Mon	Tues	Weds	Thurs	Fri	Sat
5:00 AM	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	
8:30 AM	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT 8AM Tyrell
9:00 – 10:00 am		TRX Marci (upstairs)				TRX Marci (upstairs)
10:15 -- 11:15 am						IGNITE YOGA TERESA (UPSTAIRS)
5:30 PM	TFIT Tyrell			TFIT Tyrell		
6:30 -- 7:30 pm	TRX Marci (upstairs)					



****TRX first class FREE**

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