



JULY 2024

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50	PILATES Marci	ZUMBA Gold Marci		ORIENTATION 8:30 am KOURTNI **SIGN UP IN ADVANCE**	POWER YOGA Leslie	ZUMBA fitness Marci
9:00-9:50	ZUMBA Toning 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	10:30 AEROFIT FUSION TERESA **SIGN UP IN ADVANCE**
11:00-11:50		TAI CHI Mike	YOGA Barbie	TAI CHI Mike		
5:30-6:30	Swim Fit 6:00 at Gardenia Park ZUMBA Toning Marci	YOGA Barbie ORIENTATION HARMONI **SIGN UP IN ADVANCE**	PILATES Marci	Swim Fit 6:00 at Gardenia Park	ZUMBA Toning Marci	
6:45-7:35			ZUMBA fitness Marci			

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

Fitness Hours:

Mon.-Thur. 6:00am - 8:00pm
 Fri. 6:30 am – 1:00pm
 Sat. 8:00am - 12:00pm SUN. 24/7 ACCESS ONLY

DAYCARE 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

July 2024

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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)	
2:00pm							Teresa **3RDSunday INFINITY BALANCE SESSIONS **SIGN UP IN ADVANCE**
6:30 -- 7:30 pm	TRX Marci (upstairs)						



****TRX first class FREE**

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