



November 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 Kim	GROUP BLAST Kim	GENTLE CHAIR YOGA Leslie	YOGA All levels Teresa
10:00-10:50	Swim fit At the pool SILVER SNEAKERS Barbie	SILVER SNEAKERS Kim	Swim fit At the pool SILVER SNEAKERS Kim	SILVER SNEAKERS Kim	Swim fit At the pool SILVER SNEAKERS Barbie	10:00 Swim fit At the pool
11:00-11:50		TAI CHI Mike	YOGA Barbie	TAI CHI Mike		10:30 AEROFIT FUSION TERESA **SIGN UP IN ADVANCE**
5:30-6:30	ZUMBA Toning -Marci 6pm Swim fit at gardenia park pool	YOGA Barbie ORIENTATION HARMONI **SIGN UP IN ADVANCE**	PILATES Marci	6pm Swim fit at gardenia park pool	ZUMBA Toning Marci	
6:45-7:35			ZUMBA fitness Marci			

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

Fitness Hours:

Mon.-Thur. 6:00am – 8:00
Fri 6am-1pm Sat: 8am-12pm

DAYCARE HOURS

Mon-Fri 8:00am- 10:00am
Mon-Thurs 5:00pm – 7:45pm

3200 USHW441/27 Fruitland Park, fl 352-326-5796



PREMIUM CLASSES

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:00 AM	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell		
8:00 AM						TFIT 8am	
8:30 AM	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell		
9:00 – 10:00 am						TRX Marci (upstairs)	
10:15 -- 11:15 am						IGNITE YOGA TERESA (UPSTAIRS)	
2:00pm							Teresa **3RDSunday INFINITY BALANCE SESSIONS **SIGN UP IN ADVANCE**
5:00- 6:00pm	TFIT Tyrell			TFIT Tyrell			
6:30 -- 7:30 pm	TRX Marci (upstairs)						

****TRX first class free **See Instructor for FEES and special packages.**