



# November 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> <b>8:30 am</b> 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> Kim	<b>GROUP BLAST</b> Kim	<b>GENTLE CHAIR YOGA</b> Leslie	<b>YOGA</b> All levels Teresa
<b>10:00-10:50</b>	<b>Swim fit</b> At the pool <b>SILVER SNEAKERS</b> Barbie	<b>SILVER SNEAKERS</b> Kim	<b>Swim fit</b> At the pool <b>SILVER SNEAKERS</b> Kim	<b>SILVER SNEAKERS</b> Kim	<b>Swim fit</b> At the pool <b>SILVER SNEAKERS</b> Barbie	<b>Swim fit</b> At Gardenia Park Pool
<b>11:00-11:50</b>		<b>TAI CHI</b> Mike	<b>YOGA</b> Barbie	<b>TAI CHI</b> Mike		
<b>5:30-6:30</b>	<b>ZUMBA Toning</b> -Marci  <b>6pm</b> <b>Swim fit at gardenia park pool</b>	<b>YOGA</b> Barbie  <b>ORIENTATION HARMONI</b> <b>**SIGN UP IN ADVANCE**</b>	<b>PILATES</b> Marci	<b>6pm</b> <b>Swim fit at gardenia park pool</b>	<b>ZUMBA Toning</b> Marci	
<b>6:45-7:35</b>			<b>ZUMBA fitness</b> Marci			

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

**Fitness Hours:**

Mon.-Thur. 6:00am – 8:00pm  
Fri 6:30am-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	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell		
8:00 AM						<b>TFIT 8am</b>	
8:30 AM	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell	<b>TFIT</b> Tyrell		
9:00 – 10:00 am						<b>TRX</b> Marci (upstairs)	
5:00- 6:00pm	<b>TFIT</b> Tyrell			<b>TFIT</b> Tyrell			
6:30 -- 7:30 pm	<b>TRX</b> Marci (upstairs)						

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