



February



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	SILVER SNEAKERS Instructor: Barbie	SILVER SNEAKERS Barbie	SILVER SNEAKERS Barbie	SILVER SNEAKERS Barbie	SILVER SNEAKERS Barbie	
11:00-11:50		TAI CHI Mike	YOGA Barbie	TAI CHI Mike		11:30 Aerial Yoga Teresa
5:30-6:30	ZUMBA Toning -Marci	YOGA Barbie ORIENTATION HARMONI **SIGN UP IN ADVANCE**	PILATES Marci		ZUMBA Toning Marci	
6:45-7:35			ZUMBA fitness Marci			

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

Fitness Hours:
USHW441/27 Fruitland Park, fl 352-326-5796
Mon.-Thur. 6:00am - 8:00pm

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

3200

Fri 6:30am-1pm Sat: 8am-12pm

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 Tyrell	
8:30 AM	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell	TFIT Tyrell		
9:00 – 10:00 am						TRX Marci (upstairs)	
5:00- 6:00pm	TFIT Tyrell		TFIT Tyrell				
6:30 -- 7:30 pm	TRX Marci (upstairs)						

****First premium class free for members **See Instructor for FEES and special packages. There is an extra fee for those who just want to do TFIT and not have membership at our facility starting In March**