



May 2025



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 **		ZUMBA <i>fitness</i> Marci
9:00-9:50	ZUMBA <i>Toning</i> Marci	GROUP BLAST Kim	SILVER SNEAKERS FOR BALANCE Kim	GROUP BLAST Kim	NEW CLASS! POWER HOUR Harmoni	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	GENTLE CHAIR YOGA Barbie	11:30 Aerial Yoga Teresa
5:30-6:30	ZUMBA <i>Toning</i> -Marci	YOGA Barbie ORIENTATION HARMONI **SIGN UP IN ADVANCE**	PILATES Marci		ZUMBA <i>Toning</i> Marci	
6:45-7:35			ZUMBA <i>fitness</i> 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 34731

352-326-5796 Bestinfinity.com



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)	
5:30- 6:30pm	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 a membership at our facility.**