



COURTS PLUS



GROUP FITNESS SCHEDULE

633-2221

MONDAY	TUESDAY	WEDNESDAY
5:45 BODY PUMP- (65) 8:00 PILATES- (60) 8:30 DEEP WATER- (30) 9:00 SUPER AB'S- (15) 9:00 SR. AQUA- (60) 9:15 STEP "Instructors Choice"-(60) <u>10:15 GENTLE YOGA- (60)</u> 4:30 ZUMBATOMICS-(40) 4:30 CYCLING (45) 5:15 SUPER ABS-(15) 5:30 ZUMBA-(45) 6:00 AQUA- (60) 6:15 ZUMBA-(45)	5:45 CYCLING- (45) 8:00 BODY PUMP- (65) 9:00 ARTH AQUA- (60) 9:15 CYCLING- (60) 10:15 BALANCED & FIT- (60) 4:30 ZUMBA- (55) 5:25 BODY PUMP- (65) 6:30 INTERMEDIATE YOGA-(60) <u>PLEASE NOTE INTERMEDIATE YOGA IS CANCELLED FOR THE MONTH OF DECEMBER. INTERMEDIATE WILL RESUME JANUARY 2012!</u>	5:45 BODY PUMP- (65) 8:00 PILATES- (60) 8:30 DEEP WATER- (30) 9:00 SR. AQUA- (60) 9:00 SUPER AB'S- (15) 9:15 ZUMBA- (60) 4:40 BODYPUMP EXPRESS-(50) 5:30 CYCLING- (45) 5:30 KICK BOXING- (45) 6:00 AQUA- (60) 6:15 ZUMBA- (60)
THURSDAY	FRIDAY	SATURDAY
5:45 CYCLING- (45) 8:00 BODY PUMP- (65) 9:00 ARTH AQUA- (60) 9:15 CYCLING- (60) 10:15 BALANCED & FIT- (60) 4:30 ZUMBA- (55) 5:25 BODYPUMP- (65) 6:30 TURBO KICK (60) 7:30 ZUMBA-(60)	8:00 PILATES- (60) 8:30 DEEP WATER- (30) 9:00 SUPER ABS- (15) 9:00 SR. AQUA- (60) 9:15 ZUMBA- (60) 10:15 CSS (Cardio, Strength & Stretch)- (60) 4:30 ZUMBA-(45) 5:15 ZUMBATOMICS LITTLE STARS (45) 5:30 AQUA-(60)	8:00 SUPER AB'S- (15) 8:15 ZUMBA- (55) 8:30 DEEP WATER- (30) 9:00 AQUA- (60) 9:15 CYCLING- (60) 9:15 BODY PUMP- (65) 10:20-11:20 HATHA YOGA-(60)
		SUNDAY
		4:15 BODY PUMP- (65)

CALL TO RESERVE A SPOT IN BODY PUMP OR ZUMBA, 14 HOURS AHEAD OF CLASS TIME!!!