


FITNESS SCHEDULE

MUST BE 16 yrs OLDER TO PARTICIPATE IN GROUP FITNESS CLASSES. KID ZUMBA 6yrs OLDER.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Biking Sandy		Biking Sandy		
7:00 a.m.						Biking Sandy
7:30am	Coming Soon ZUMBA GOLD					
8:30 a.m.	Biking Rosalinda PIYO Heather	ZUMBA Rosalinda	Biking Rosalinda PIYO Heather	ZUMBA Rosalinda	Biking Rosalinda ZUMBA JEAN	Turbokick/Power pump Heather Biking Linda
9:30 a.m.	Rhyth-Mix Dorothy	Power Pump Rosalinda	Rhyth-Mix Dorothy	Power Pump Rosalinda	Rhyth-Mix Dorothy	Intro. Zumba (first Sat. only)
10:00 a.m.						ZUMBA
10:30 a.m.	SilverSneakers Muscular Strength/Range of Motion Dorothy	STRETCH Rosalinda	SilverSneakers Muscular Strength/Range of Motion Dorothy	STRETCH Rosalinda	SilverSneakers Muscular Strength/Range of Motion Dorothy	
11:00 a.m.						ZUMBA BELLYDANCE
12:10 p.m.	TurboKick Karen		Turbo Kick Heather			
4:30 p.m.	Step Cindy	Pilates Kathryn		Pilates Kathryn	FITNESS LEVELS Strength Training Intermediate to Advanced Beginner to Intermediate Zumba for All Fitness Levels	 Older Adults Flexibility/Abdominal and Low Back Strengthening
5:30 p.m.	Zumba Alicia	Power Pump Linda	Zumba Alicia	Power Pump Linda		
5:30pm	ZUMBA for kids & beginners Jean		ZUMBA for kids and beginners Debbie			
6:30 p.m.	Biking Linda TurboKick Heather	Biking Michelle ZUMBA Rosalinda	Biking Sharon TurboKick Karen	Biking Michelle ZUMBA Rosalinda		
7:30 p.m.		ZUMBA BELLYDANCE Rosalinda		ZUMBA BELLYDANCE Rosalinda		