

Weekly Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		HITT	HITT	HITT		
8:00 AM		HITT	HITT	HITT		
9:00 AM	Fusion Training Silver Sneakers® Splash	Circuit Breaker Aquatunity	Fusion Training Silver Sneakers® Splash	Boot Camp Silver Sneakers® Splash	Muscle Up Silver Sneakers® Splash	
10:00 AM	Zumba Silver Sneakers® Stability (10:15)	Yoga	Zumba	Yoga Zumba Toning	Zumba	Cardio KO Zumba
11:00 AM			Silver Sneakers® EnerChi	Silver Sneakers® Classic (11:30)		
12:00 PM			Zumba Gold			
1:00 PM			Boom Mind			
5:00 PM	HITT (5:30)	Cardio KO (5:30)	HITT (5:30)		HITT (5:30)	
6:00 PM				Cardio KO		
7:00 PM						