



# FALL CLASS SCHEDULE

## 2023

START TIME	MON	TUE	WED	THU	FRI	SAT
5:05 AM	Strength Training	Spin	Strength Training	Spin	Strength Training	
6:00 AM	High Fitness   Spin	H.I.I.T.   Zumba	Cardio Fuse   Spin	H.I.I.T.   Zumba	High Fitness   Spin	
6:30 AM		Spin		Spin		
7:00 AM	Surge Fit   Pilates	Yoga	Surge Fit   Pilates	Yoga	Surge Fit   Pilates	Surge Strength   Spin Zumba
8:00 AM	Tai Chi   Yoga	Silver Sneakers Circuit Strength & Tone	Tai Chi   Yoga	Silver Sneakers Circuit Strength & Tone	Tai Chi   Yoga	Step Fitness   Barre
8:30 AM		Spin		Spin		
9:00 AM	Zumba   Barre   Spin	Cardio & Tone	Zumba   Barre   Spin	Cardio & Tone	Zumba   Barre   Spin	High Fitness   Spin Pumped Up Strength
9:30 AM	Kickboxing	High Fitness	Kickboxing	High Fitness	Kickboxing	
10:00 AM	Ball Pilates   U-Jam	Yoga	High Fitness   Pilates	Yoga	U-Jam   Pilates	Yoga   Adaptive Zumba Youth Fitness Training
11:00 AM	Silver Sneakers Classic	Zumba Gold	Silver Sneakers Classic	Zumba Gold	Silver Sneakers Classic	Family Fitness
4:00 PM	Youth Fitness Training	Kids Dance Fitness	Youth Fitness Training	Kids Dance Fitness		
6:00 PM	Stept   Barre	Zumba   Spin Pre/Postnatal Fitness	Step Fitness   Barre	Zumba   Spin Prenatal Yoga		
7:00 PM	Zumba   H.I.I.T.   Spin	Yoga   Surge Strength Kickboxing	Zumba   H.I.I.T.   Spin	Yoga   Surge Strength Kickboxing		
8:00 PM	U-Jam   Power Yoga	High Fitness	U-Jam   Power Yoga	High Fitness		

LEGEND: Large Studio   Small Studio   Spin Studio   Multipurpose Room   Downstairs Studios   Fitness Floor