

Fitness Classes

Mornings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grid Iron 5:30 AM	Cycle X 6:15 AM	Basic Flow Yoga 7 AM	Metabolic Mayhem 6:30 AM	Grid Iron 5:30 AM	Cardio Blast 8:20 AM
Core Fusion 6:30 AM	Metabolic Mayhem 6:30 AM		Morning Ride 7:30 AM		Shape Up Bootcamp 9 AM
AM Water Aerobics 8 AM	AM Water Aerobics 8 AM	AM Water Aerobics 8 AM	AM Water Aerobics 8 AM	Core Fusion 6:30 AM	Zumba Gold 8 AM
Functional Yoga 9:00 AM	Exercise for Life 9:15 AM		Aqua Zumba 9 AM		
AM Water Aerobics 8:50 AM		AM Water Aerobics 8:50 AM	Exercise for Life 9:15 AM	Basic Flow Yoga 7 AM	Hatha Flow 9 AM
Silver Sneakers Yoga 10:15 AM	Barbell Burn 9:30 AM	Art of Relaxation 9 AM	Barbell Burn 9:30 AM	AM Water Aerobics 8 AM	Pickleball 9:30 AM
	Health BeneFIT 10:15 AM	Silver Sneakers Yoga 10:15 AM	Health BeneFIT 10:15 AM		
Silver Sneakers Yoga 11 AM			Barbell Burn 10:30 AM	AM Water Aerobics 8:50 AM	Tai Chi 10 AM
	Barbell Burn 10:30 AM	Silver Sneakers Yoga 11 AM	Health BeneFIT 11 AM		
Silver Sneakers Yoga 11:45 AM	Health BeneFIT 11 AM			Zumba Gold 10 AM	Hula Hoop Fitness 10 AM
	Cardio Pump 11:45 AM	Silver Sneakers Yoga 11:45 AM	Cardio Pump 11:45 AM		

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**Class times/dates are subject to change. Please call 913.722.8200 accurate schedule.