

CLASS RESERVATIONS ARE REQUIRED

Humana Fitness & Wellness Center Class Schedule

MIDFLORIDA Event Center 772-204-7101



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9—9:50 AM Functional Training (Multi) Amy	8—8:50 AM FlowFIT Fusion (Multi) Maria	8—8:45 AM Power 45 (Multi) Christiana	9—9:50 AM Power Circuit (Multi) Sandy	9—9:50 AM Rhythm Ride - Cycle (Cycle Rm) Gaby
10—10:50 AM Zumba (Multi) Suzy	9—9:50 AM Senior Fit (Multi) Maria	9—9:50 AM Healthy Bones & Joints (Multi) Katie	10—10:50 AM Zumba (Multi) Suzy	9—9:50 AM Functional Training (Multi) Katie
10-10:50 AM Slow Flow Vinyasa Yoga (Tot Rm) Amy	10—10:50 AM Zumba (Multi) Suzy	10—10:50 AM Chair Yoga (Multi) Katie	11—11:50 AM Stretch & Strengthen (Multi) Maria	10—10:50 AM Senior Fit (Multi) Gaby
11—11:50 AM Senior Fit (Multi) Maria	11—11:50 AM Zumba Toning (Multi) Reyna	11—11:50 AM Senior Fit (Multi) Maria	12—12:50 PM Senior Fit (Multi) Maria	11—11:50 AM Chair Yoga: For Better Balance (Multi) Gail
5:30—6:20 PM Cycling (Cycle Rm) Kris	12—1:15 PM Yoga Workshop (Multi) Ute	12—12:50 PM Zumba Multi) Suzy	6— 6:50 PM Body Mash-Up (Multi) Kris	
5:30—6:30 PM Yin Yoga (Multi) Chris	1:30—2:30 PM Brain Fitness (Multi) Ute		7— 8PM Yoga (Multi) Chris	
6:40—7:30 PM Zumba (Multi) Suzy	6—6:50 PM Body Blast (Multi) Kris			

Address | 9221 SE Event Center Place, PSL, FL 34952

Hours | Mon-Fri: 6am-8pm | Sat & Sun: 8am-4pm

Updated 08/30/2024

Schedule subject to change without notice