

CLASS RESERVATIONS REQUIRED

Community Center Fitness Class Schedule

772-873-6432



Monday	Tuesday	Wednesday	Thursday	Friday
8-8:50 AM Senior Fitness (Multi Room) Chelsea (9/9-11/25/2024)	9-9:50 AM Healthy Bones & Joints (Multi Room) Katie	9-9:50 AM Senior Fitness (Multi Room) Maria	9-9:50 AM Senior Fitness (Multi Room) Amy	8-8:50 AM Senior Fitness (Multi Room) Sandy
9-9:50 AM Senior Fitness (Multi Room) Maria	10-10:50 AM Cardio Circuit (Multi Room) Amy	10-10:50 AM Zumba (Multi Room) Suzy	10-10:50 AM Cardio Circuit (Multi Room) Amy	9-9:50 AM Zumba Gold (Multi Room) Reyna
10-10:50 AM Chair Yoga (Multi Room) Katie	11-11:50 AM Slow Flow Vinyasa Yoga (Multi Room) Amy	11-11:50 AM Zumba Toning (Multi Room) Reyna	11:00-11:50 AM Relaxation Yoga (Multi Room) Amy	10-10:50 AM Zumba Toning (Multi Room) Reyna
11—11:50 AM Chair Yoga (Multi Room) Katie	12:15-1:05 PM Feel the Beat: Chair Dance (Multi Room) Jill	4:15-5:15 PM Yoga (Tot Room) Chris	12-12:50 PM Zumba (Multi Room) Suzy	11-11:50 AM Chair Yoga (Multi Room) Katie
5:30-6:30 PM Yoga Workshop (Tot Room) Ute		5:30-6:30 PM Restorative Yoga (Tot Room) Chris		12-12:50 PM Gentle Yoga (Multi Room) Katie