



# Fitness Schedule

Adult & AOA Fitness Schedule –Spring I February 25<sup>th</sup> – April 21<sup>st</sup> 2019

Time	Mon	Tues	Wed	Thurs	Fri
6:00 AM	Group Cycling (GP)	Group Cycling (GP)	5:45AM Wednesday Wake-Up	Group Cycling (GP)	5:45AM Muscle MAX
7:00 AM	*TRX-Cost	YOGA (GP) Cost *Women Strength		YOGA (GP) Cost *Women Strength	*TRX-Cost
7:45AM	*Yoga Stretch		*Yoga Stretch		*Yoga Stretch
8:15 AM		**FIT AFTER 50		**FIT AFTER 50	
8:30 AM	Going Strong I (GYM)	Poolates Stretch & Strengthen (Yoga) *Piloxing Barre Pool Fitness	Going Strong I (GYM)	Poolates Stretch & Strengthen (Yoga) Pool Fitness	Going Strong I (Gym)
			Pool Fitness (Cole Pool)		*Pool Fitness (Small Pool)
9:00 AM	*Pool Fitness (Cole Pool)				
9:15 AM	Group Cycling (GP) *TRX Cost		Group Cycling (GP) *TRX Cost		Group Cycling (GP) *TRX Cost 9:20AM Poolates
9:30 AM	Active Together (GYM)	Cardio/Core & Strength	Active Together (GYM)	Cardio/Core & Strength	*Piloxing
9:45 AM		*Chair Yoga (GP) Cost *Women Strength 10:00AM-10:30AM		*Chair Yoga (GP) Cost *Women Strength 10:00AM-10:30AM	
10:30 AM	*Going Strong II (GYM)	Pickleball Poolates Deep End **10:35AM Balance & Bones	*Going Strong II (GYM)	Pickleball Poolates Deep End **10:35AM Balance & Bones	*Going Strong II (GYM)
11:00 AM	**Beginner Tai Chi AOA Pool Fitness		**Beginner TaiChi AOA Pool Fitness		**Beginner Tai Chi (GP)
11:30 AM	**Progressive Tai Chi (GP)		**Progressive Tai Chi (GP)		**Progressive Tai Chi (GP)
12:00 PM	YOGA (GP) Therapy Swim	Chair Yoga Therapy Swim	YOGA (GP) Therapy Swim	Chair Yoga Therapy Swim	Therapy Swim
1:00 PM		AOA Pool Fitness Tai Chi Parkinson		AOA Pool Fitness (Small Pool)	
3:15PM	Jr Fit 11-13yrs		Jr Fit 11-13yrs		
4:00PM	*H.S. Fit 14-17yrs		*H.S. Fit 14-17yrs		
5:10PM	POOLATES				
5:30 PM	Active Together (Gym)	Body Shaping Pilxoing 1 <sup>st</sup> Tues of each month *TRX Cost	Active Together (Gym)	Body Shaping *TRX Cost	Cycling (GP)
	Group Cycling (GP)		Group Cycling (GP)		Pickleball GYM
6:05PM		*Large Pool Fitness		*Large Pool Fitness	
6:30 PM	Zumba (Gym)	*Cycling (GP)	Zumba (Gym)	*NEW* Pound (GP)	Therapy Swim Mon. / Wed. /Fri. (Small Pool)
	Yoga (GP)		Yoga (GP)		
	Jr Fit 8-10yrs		Jr Fit 8-10yrs		
7:15PM		*TRX Cost			

**SATURDAY 7am Group Cycling / 8AM Boot Camp/9:15AM Pound**

**Set up and breakdown of equipment & exiting the room is included in this one hour time.**

You may take a class anytime, any day during the session. Members age 12 & 13 and up with a parent may attend classes, (except for regular cycling & poolates). Registration is encouraged in case of change and limited space. Denotes\*45 minutes/\*\*30 minutes class times TRX drop in for members only \$5.00