

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM Yoga Pilates <i>Suzanne</i>	8:30AM Total Body Conditioning <i>Jacque</i>	8:30AM Cardio Dance <i>Dorothy</i>	8:30AM Total Body Conditioning <i>Jacque</i>	8:30AM 50/50 <i>Dorothy</i>	
9:30AM Vinyasa Yoga <i>Suzanne</i>	9:30AM Core & More <i>Jacque</i>	9:30AM Vinyasa Yoga <i>Suzanne</i>	9:30AM Core & More <i>Jacque</i>	9:30AM Interval <i>Dorothy</i>	9:00AM Circuit Training <i>Shannon</i>
			5:00 PM Karate <i>Ages 6-12</i> \$		
		6:00PM Interval Cardio Strength <i>Shannon</i>	5:45 PM Karate <i>Ages 13+</i> \$		
	7:15PM Gentle Yoga <i>Shelby</i>	7:00 PM Beginner Yoga Flow <i>Shelby</i>	7:00 PM Meditation With Sound \$ <i>Susan</i>		

Fitness Hours

Monday-Friday
5:00am-9:00pm

Saturday-Sunday
5:00am-9:00pm



\$ Paid Class

AquaBabes Water Aerobics Schedule

Mon/Wed/Fri at 9am
(Additional Classes will be added
depending on the weather)

Email janactuerff@gmail.com
to be added to the
AquaBabes email list!