

**Effective on
June 23rd**

FITNESS SCHEDULE



Level 1
Basic movements

Level 2
Broken down
modifications

Level 3
More challenging

Level 4
Athletic, intricate
patterns, high intensity

Monday	5:30-6:30am 5:30-6:30am 8:00-9:00am 9:00-10:00am 12:00-1:00pm 4:10-5:10pm 5:15-6:15pm 6:00-7:00pm 6:15-7:00pm 7:00-8:15pm 8:30-9:30pm	All All All All All All 3&4 All All 2 & 3 All	Cycling Cardio Combination Forever Young Zumba Muscle Pump Muscle Pump Multi-Step Cycling Pilates Hatha Yoga Zumba
Tuesday	5:45-6:45am 8:30-9:45am 9:00-10:00am 9:10-9:55am 10:10-11:30am 12:10-1:10pm 1:15-2:15pm 4:45-6:00pm 5:30-6:30pm 6:00-7:00pm 7:10-8:10pm	All 1 2 All All All All 2,3&4 All All All	Muscle Pump Gentle Yoga Hatha Yoga/Pilates MSROM SilverSneakers® Buns & Bellies Power Step Zumba Cardio Kick Zumba Dance Yourself Fit Muscle Pump
Wednesday	5:30-6:30am 8:00-9:00am 9:15-10:30am 9:15-10:15am 10:30-11:30am 12:15-12:45am 12:45-1:30pm 4:10-5:10pm 5:15-6:30pm 7:00-8:15pm 8:30-9:30pm	All All 3&4 All All All All All All 2 & 3 All	Cardio Combination Forever Young Cardio Step Interval Zumba Muscle Pump Pilates Cycling Muscle Pump Cardio Step Hatha Yoga Zumba
Thursday	5:30-6:30am 5:45-6:45am 8:30-9:45am 9:10-9:55am 10:10-11:30am 12:15-1:00pm 1:10-2:30pm 4:00-5:00pm 5:00-6:00pm 5:15-6:00pm 6:00-7:00pm 6:10-7:10pm 7:30-8:30pm	All All 1 All All All 3 & 4 All All All All 3&4 All	Cycling Muscle Pump Gentle Yoga MSROM SilverSneakers® Buns & Bellies Cycling For Fitness High Intensity Step Drums Alive Zumba Pilates/Toning Cycling Muscle Pump Dance Yourself Fit
Friday	5:30-6:30am 8:00-9:00am 9:15-10:45am 10:45-11:45am 12:00-1:00pm 5:00-6:00pm	1 1 3&4 All All All	Zumba Forever Young Zumba Cycling Muscle Pump/Strength Aerobic Conditioning
Saturday	8:30-9:30am 9:45-11:00am 11:00-12:00pm 1:00-2:00pm	All 2,3&4 All All	Muscle Pump Instructors Choice Zumba Zumba for Families
Sunday	12:15-1:15pm 1:30-2:30pm 3:00-4:00pm	All All All	Muscle Pump Rhythm Drumming Zumba for Families