

FITNESS CLASS SCHEDULE

SEPTEMBER TO DECEMBER, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|-------------------|-----------------|-------------------|------------|----------|
| HIIT | YOGA STRENGTH + | HIIT | YOGA STRENGTH + | | |
| 5:30 AM | FLOW | 5:30 AM | FLOW | | |
| | 5:30 AM | | 5:30 AM | | |
| | | | | | FITNESS |
| WALK WITH EASE* | | BODY SCULPT | | WALK WITH | MASHUP |
| 8:30 AM | OPEN PICKLEBALL | 8:30 AM | OPEN PICKLEBALL | EASE* | 8:15 AM |
| OPEN PICKLEBALL | COURT** | WALK WITH EASE* | COURT** | 8:30 AM | |
| COURT** | 8:30-10:30 AM | 8:30 AM | 8:30-10:30 AM | OPEN | |
| 8:30-10:30 AM | | OPEN PICKLEBALL | | PICKLEBALL | |
| | | COURT** | | COURT** | |
| | | 8:30-10:30 AM | | 8:30-10:30 | |
| | | | | AM | |
| | | | | | |
| | STEP INTERVAL | | KETTLEBELL SCULPT | | |
| | 12:15 PM—12:45 PM | | 12:15 PM—12:45 PM | | |
| | | | | | |
| | TAEKWONDO | | TAEKWONDO | | |
| INSTRUCTOR'S | 3:00–5:30 PM | INTENSE ARMS & | 3:00–5:30 PM | | |
| CHOICE | | ABS | | | |
| 4:00 PM | | 4:00 PM | | | |
| | DANCE FITNESS | | DANCE FITNESS | | |
| POUND FIT | 5:30 PM | POUND FIT | 5:30 PM | | |
| 5:30 PM | | 5:30 PM | | | |

Walk With Ease Meets in Y Lobby & runs September 4 through October 9

Pickleball Court will be in the Gymasium if players are present