



FITNESS CLASS SCHEDULE

SEPTEMBER TO DECEMBER, 2024

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

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

****Pickleball Court will be in the Gymnasium if players are present****