

Aquacise, Group Fitness & Cycle Drop-In Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March 20	21	22	23	24	25
	8A Low Impact Aquacise 9A Moovin to Music 9A Yogalates 10A Zumba 5P Weight Loss Unanimous 6P Cardio Kickboxing 7P Total Body HIIT 8:15P Aqua Zumba	9A Circuit Crunch 10A Zumba Gold 1:15P Moovin to Music (Winter session class, but drop-ins available) 5:30P Gentler Yoga 7P Cardio Drumming	8A Low Impact Aquacise 9A Moovin to Music 9A Yogalates 10A Zumba 5P Weight Loss Unanimous 6P Cardio Kickboxing 7P Total Body HIIT	9:30A Tuff Stuff 10A Cardio Drumming 1:15P Moovin to Music (Winter session class, but drop-ins available)	8:30A Aqua Zumba 9:30A HIIT Workout	8:15A Weight Loss Unanimous 9:30A Zumba/Toning Mix
26	27	28	29	30	31	April 1
9:15A Training Combine	9A Moovin to the Music 9A Yogalates 10A Zumba 5P Weight Loss Unanimous 6P Cardio Kickboxing 7P Total Body HIIT 8:15P Aqua Zumba	9:30A Tuff Stuff 10A Zumba Gold 10:30A Aquacise 1:15P Moovin to Music (Winter session class, but drop-ins available) 5:30P Gentler Yoga 7P Cardio Drumming	8A Low Impact Aquacise 9A Moovin to the Music 9A Yogalates 10A Zumba 5P Weight Loss Unanimous 6P Cardio Kickboxing 7P Total Body HIIT	9:15A Cycle & Tone 9:30A Tuff Stuff 10A Cardio Drumming 10:30A Aquacise 1:15P Moovin to Music 6P Weight Loss Unanimous 7P Zumba/Toning Mix	8:30A Aqua Zumba 9:30A HIIT Workout	8:15A Weight Loss Unanimous 9:30A Zumba/Toning Mix
2	3	4	5	6	7	8
9:15A Training Combine	9A Moovin to the Music 9A Yogalates 10A Zumba 5P Weight Loss Unanimous 6P Cardio Kickboxing 7P Total Body HIIT	9A Circuit Crunch 9:30A Tuff Stuff 10:05A 45 Minute Cycle 10:30A Aquacise 5:30P Gentler Yoga 7P Cardio Drumming	9A Moovin to the Music 9A Yogalates 10A Zumba 5P Weight Loss Unanimous 6P Cardio Kickboxing 7P Total Body HIIT	9:15A Cycle & Tone 9:30A Tuff Stuff 10A Cardio Drumming 10:30A Aquacise 6P Weight Loss Unanimous 7P Zumba/Toning Mix	9:30A HIIT Workout	8:15A Weight Loss Unanimous 9:30A Zumba/Toning Mix
9	10 → →					
9:15A Training Combine	<h2>Spring Session Classes Begin!</h2>		Drop-In Fee: \$7 45 Minute Cycle: \$5 *Missed absences cannot be substituted for a drop in. Classes Subject to change, depending on possible make-ups*			