

BODYPLEX

FITNESS. TRAINING. HEALTH.

GROUP FITNESS SCHEDULE

MARCH 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
						9:00 AM	ZUMBA®
7:30 AM						9:30 AM	SPIN
8:00 AM	RPM		RPM		SPIN	10:00 AM	CIRCL MOBILITY
9:00 AM	BODYPUMP	ZUMBA®	BODYJAM	BODYCOMBAT	BODYPUMP	<p><u>FITNESS ON THE BLACKTOP 4/20.</u> Enjoy this FREE trainer-led outdoor bootcamp! Limited space available see front desk for details!</p>	
10:00 AM	BODYCOMBAT	STEP	BODYPUMP				
11:00 AM	SENIOR CIRCUIT	SENIOR CARDIO	SENIOR CIRCUIT	SENIOR CARDIO	SENIOR CIRCUIT		
11:45 AM		LINE DANCING		LINE DANCING			
12:00 PM	SENIOR CIRCUIT	CHAIR YOGA	SENIOR BALANCE & STRENGTH	CHAIR YOGA			
4:30 PM	BODYPUMP						
5:30 PM	STEP	ZUMBA®	BODYPUMP	BODYPUMP			
6:30 PM	RPM						
<p>STAFFED CLUB HOURS; MON-FRI: 6AM-8PM SAT: 8AM-4PM SUN: 10AM-2PM CLUB ACCESS AVAILABLE 24/7 WITH BARCODE! KIDSPLEX HOURS: MON-FRI: 9AM-12PM & 2PM-8PM SAT: 9AM-12PM</p>							