

# GROUP FITNESS SCHEDULE



Shine On

Effective: December 15 to December 21, 2024

Updated 12/03/2024

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

9:15am-10:00am  
**Aerobics & Bollywood Dance**  
*(Fitness Studio)*

10:30am-11:30am  
**Hatha Yoga**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**CardioFit**  
*(Fitness Studio)*

10:30am-11:00am  
**SitFit**  
*(Fitness Studio)*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

5:15pm-5:45pm  
**Tabata30**  
*(Fitness Studio)*

6:00pm-6:45pm  
**Core Conditioning**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**Muscle Fit**  
*(Fitness Studio)*

10:30am-11:30am  
**Zumba**  
*(Fitness Studio)*

12:10pm-12:50pm  
**Cycle Fit**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**Step Aerobics**  
*(Fitness Studio)*

12:10pm-12:45pm  
**Lunch HIIT**  
*(Fitness Studio)*

1:00pm-1:45pm  
**Zumba Gold**  
*(Fitness Studio)*

5:15pm-6:00pm  
**Total Body Blitz**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**Starter Muscle Fit**  
*(Fitness Studio)*

10:30am-11:15am  
**Stretch and Strength**  
*(Fitness Studio)*

12:10pm-12:45pm  
**Cycle Fit**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:00am  
**Zumba**  
*(Fitness Studio)*

10:15am-11:45am  
**Line Dancing**  
*(Studio)*

8:30am-9:15am  
**Cycle Fit**  
*(Fitness Studio)*