



Fall Adult Fitness Schedule

September 30th- October 27th 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30AM		Synergy 360	Spinning <u>Registration Required</u>	Synergy 360	Spinning <u>Registration Required</u>			
8:00AM		Yoga <u>Registration Required</u>						
8:30AM	Body Blast	Spinning <u>Registration Required</u>	Body Blast	Spinning <u>Registration Required</u>				
9:00AM					Rock Bottom <u>Registration Required</u>		Boot Camp <u>Registration Required</u>	
9:30AM	Top it Off <u>Registration Required</u>	W.O.D	Synergy 360 <u>Registration Required</u>	W.O.D		Powerflow Yoga <u>Registration Required</u>		
10:00AM					Yoga <u>Registration Required</u>	Zumba <u>Registration Required</u>	Zumba <u>Registration Required</u>	
11:00AM						Spinning <u>Registration Required</u>		
12:00PM					*Advanced* Functional Fridays <u>Registration Required</u>			
4:15PM	Functional Training <u>Registration Required</u>		Functional Training <u>Registration Required</u>		Functional Training <u>Registration Required</u>			
5:00PM			Advanced Yoga <u>Registration Required</u>					
5:30PM	Synergy 360 <u>Registration Required</u>	Core & More <u>Registration Required</u>	Synergy 360 <u>Registration Required</u>	Core & More <u>Registration Required</u>				
6:00PM	Power Flow Yoga <u>Registration Required</u>	Turbo Spin <u>Registration Required</u>	Spinning <u>Registration Required</u>	Slow & Meditative Yoga* <u>Registration Required</u>	Turbo Spin <u>Registration Required</u>			Boot Camp <u>Registration Required</u>
6:15PM	Strength Camp ([ADVANCED]) <u>Registration Required</u>	Step & Sculpt <u>Registration Required</u>	Boot Camp <u>Registration Required</u>	HIIT Class <u>Registration Required</u>	Synergy 360 <u>Registration Required</u>			
7:00 PM	Strong <u>Registration Required</u>	Yoga <u>Registration Required</u>	Zumba <u>Registration Required</u>	Hip Hop Step <u>Registration Required</u>	Zumba <u>Registration Required</u>			Zumba <u>Registration Required</u>

Schedule subject to change*