



September 2010

Mondays Tuesdays Wednesdays Thursdays Fridays Saturdays Sundays

6:15am– 7:00am		Advanced Spinning*		Advanced Spinning*	7am-8am Yoga	8am-9am Zumba	
9:00am—10:00am	Kickboxing Christi	Total Body Workout	Kickboxing Christi	Total Body Workout	Kickboxing Christi	9:15am-10:15am Spinning*	
10:15am—11:15am		Silver Sneakers Kris	Ballroom Aerobics Justin	Silver Sneakers Kris	Ballroom Aerobics Justin	Cardio Workout Ft: INSANITY 10:45am-11:45am	
2:00pm-3:00pm				Cardio Workout Ft: INSANITY 4:15pm-5:15pm		12:00pm ZUMBA Alicia/Jessica	Zumba Anjeanette
5:30pm—6:30pm	Total Body Workout Beverly	Cardio Workout Ft: INSANITY 4:45pm-5:45pm	Ab Class 5:00-5:25pm Total Body Workout	5:30-6:30pm Zumba Anjeanette	Spinning* Chuck		
6:00pm—7:00pm		Zumba Kelly					
6:45pm -7:30pm	Spinning* Desiree		Spinning* Desiree		6:45-7:45 P.M Pilates		
7:00pm—8:00pm		Exotic Aerobics Brenda		Advanced Spinning*			
7:45pm— 8:45pm	Ballroom Aerobics Justin						

HOURS:

Monday–Thursday 5:00am–9:00pm
 Friday 5:00am–8:00pm
 Saturday 8:00am–3:00pm
 Sunday 1:00pm–4:00pm

Phone: 352-365-iFit

***Gold Members Only**

**Private Ballroom Dance Lessons Available Friday and
 Saturdays by Appointment**