

# GROUP FITNESS SCHEDULE 2020

Outdoor  
Classes  
As of 9/14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>PiYo*</u> 8:00AM CARLA AMENITY CENTER PATIO	<u>YOGA FLOW*</u> 7:30am Carmen WC Fireplace Patio	<u>PiYo*</u> 8:00am Carla Amenity Center Patio	<u>YOGALATES</u> 7:30AM CARMEN WC FIREPLACE PATIO	<u>YOGA FLOW*</u> 7:30am Carmen WC FIREPLACE PATIO	<u>YOGA FLOW*</u> 7:30am Carmen WC FIREPLACE PATIO
<u>STRETCH &amp; TONE*</u> 9:00am Carla Amenity Center Patio	<u>WAKE UP</u> <u>CARDIO</u> 8:00am Hollie Amenity Center Patio	<u>STRETCH &amp; TONE*</u> 9:00am Carla Amenity Center Patio	<u>CARDIO +</u> <u>STRENGTH</u> 8:00AM HOLLIE AMENITY CENTER PATIO	<u>GROUP POWER</u> 8:00AM DAN AMENITY CENTER PATIO	<u>PiYo*</u> 8:00 AM CARLA AMENITY CENTER PATIO
<u>YOGA SCULPT</u> 9:00AM MARY WC FIREPLACE PATIO	<u>GENTLE YOGA</u> 9:00 LAURA WC FIREPLACE PATIO	<u>SPORTS BALANCE</u> 9:00AM AMY WC FIREPLACE PATIO	<u>AQUA BLAST</u> 10:00AM CELINA AMENITY CENTER POOL	<u>GENTLE YOGA</u> 9:00 LAURA WC FIREPLACE PATIO	<u>DANCE FUSION</u> 9:00 CARLA AMENITY CENTER PATIO
<u>AQUA FUSION</u> 10:00am Carla Amenity Center Pool	<u>LOWER BODY</u> <u>LaBLAST</u> 9:00AM CELINA AMENITY CENTER PATIO	<u>DANCE FUSION</u> 10:00 CARLA AMENITY CENTER PATIO		<u>SPORTS BALANCE</u> 9:00AM AMY AMENITY CENTER PATIO	<u>STRETCH &amp; TONE*</u> 10:00am Carla AC Patio
<u>Aqua HIIT</u> 11:00am Mary Amenity Center Pool	<u>Aqua Blast</u> 10:00 am Celina Amenity Center Pool	<u>AQUA FUSION</u> 11:00am Carla Amenity Center Pool		<u>Aqua Tone</u> 10:45 am Oriella Amenity Center Pool	<u>Aqua Fusion</u> 11:00 am Carla Amenity Center Pool
	<u>AQUA TONE</u> 6:00 pm Oriella Amenity Center Pool	<u>Aqua HIIT</u> 12:30pm Mary Amenity Center Pool	<ul style="list-style-type: none"> <li>• <u>ALL OUTDOOR CLASSES ARE WEATHER PERMITTING</u></li> <li>• <u>CLASS SIZE MAY BE LIMITED DUE TO SOCIAL DISTANCING</u></li> <li>• <u>SIGN UP &amp; RESIDENT WELLNESS PROGRAM REQUIRED</u></li> <li>• <u>*BRING YOUR OWN MAT AND WEAR YOUR MASK TO CLASS</u></li> </ul>		
<ul style="list-style-type: none"> <li>• 45 Minute Class time</li> <li>• Please bring your own mat, towel, water, and any small equipment needed as none will be provided</li> <li>• A minimum of 3 participants is required or a class may be cancelled.</li> <li>• Class schedule subject to change.</li> <li>• If you are not feeling well, we ask that you do not attend, please call to let us know you will not be in.</li> </ul>					



# GROUP FITNESS SCHEDULE 2020

INDOOR  
Classes  
As of 9/28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>CARDIO BLAST*</u> 1:30 CARMEN			<u>TOTAL BODY BLAST</u> 12:00 ORIELLA	
	<u>GOLF YOGA</u> 2:15 CARMEN				
	<u>SIT AND TRAIN</u> 3:45 Dan				
<u>PURE STRENGTH</u> 5:00 Dan	<u>SIT AND TRAIN</u> 5:00 Dan	<u>PURE STRENGTH</u> 5:00 Dan	<u>VINYASA YOGA</u> 6:00 KARISSA		

- CLASS SCHEDULE IS SUBJECT TO CHANGE
- 45 MINUTE CLASS TIME \*30 MINUTES
- CLASS SIZE MAY BE LIMITED DUE TO SOCIAL DISTANCING
- SIGN UP & RESIDENT WELLNESS PROGRAM REQUIRED
- PLEASE BRING YOUR OWN MAT. TOWEL. WATER, AND ANY OTHER EQUIPMENT
- WE ASK THAT YOU WEAR YOUR MASK TO AND FROM CLASS
- IF YOU ARE NOT FEELING WELL WE ASK THAT YOU DO NOT ATTEND CLASS,PLEASE CALL TO LET US KNOW