

GROUP FITNESS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	AQUASIZE w/ Julie		AQUASIZE w/ Julie		AQUASIZE w/ Julie	
8:00AM	EASY DOES IT w/ Toni	Silver&Fit w/ Toni			EASY DOES IT w/ Jill 7:45AM	
8:30AM	AQUASIZE w/ Martha		AQUASIZE w/ Martha		AQUASIZE w/ Martha	
9:30AM		Cardio Kickboxing w/ Linda F.	Sculpt 4 Strength w/ Suzanne	BODY PUMP IT w/ Linda G.	STEP FORCE w/ Linda G.	
9:45AM						
10:30AM				Classic Silver Sneakers w/ Toni		
11:00AM		AQUASIZE w/ Norma		AQUASIZE w/ Norma		AQUASIZE w/ Norma IIA
11:30AM						
4:00PM	AQUASIZE w/ Suzanne	AQUASIZE w/ Suzanne		AQUASIZE w/ Sean	AQUASIZE w/ Sean	
5:00PM						
6:00PM	HATHA YOGA w/ Sandy	STEP w/ Melanie	CARDIO CIRCUIT w/ Natalia L.	BODY ASSAULT w/ Natalia L.		
7:00PM		ZUMBA w/ Ivelisse.	YIN YOGA w/ Sandy	ZUMBA w/ Ivelisse.		

REV 12/11/20

LIGHTER SIDE

Silver Sneakers/ Silver & Fit - A specially formulated beginner's class for strength, endurance and flexibility using bands, balls and weights with chairs.

Yin Yoga - Meditation, breathing, stretching and balance for beginners.

AquaSize - Cardio and muscle conditioning in the water.

Easy Does It Light cardiovascular activity. Excellent for seniors and beginners.

CARDIO/STRENGTH

Zumba Cardio - choreographed routines to Latin, Hip Hop and today's hits!

Cardio Circuit - An appeal workout to get you sweating and burning calories.

Total Body Sculpt - Get ready to tone! This energizing workout engages your whole body.

Cardio Drumming - A fun cardio class to music using drum sticks.

Body Assault - Full body HIT Cardio/Strength

MIND/ BODY-RELAXING

Tai Chi - A Chinese martial art for of meditative exercise, characterized by methodically slow stretching movements and positions of balance.

Yoga - Stretching, breathing, balancing, relaxing and toning.

Chair Yoga - A wonderful way to experience yoga without getting on the floor.

Stretch - Loosen up your muscles and release tension.

OPEN MON - FRI 5AM - 10PM • SAT 9AM - 5PM • SUN 9AM - 4PM
CHILD CARE HOURS • MON - FRI 9AM - 11AM AND 5PM-8PM