















GROUP CLASS SCHEDULE SPA 1

352-694-1141 | TOOYOURHEALTHSPAS.COM | OPEN MON-FRI 5AM-10PM | SAT 9AM-5PM | SUN 10AM-4PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM			 Silver Sneakers w/Debbie C.		 Silver Sneakers w/Debbie C.	
9:30AM	 AQUA- Step, Flex & Balance w/Syd C.		 AQUA- Step, Flex & Balance w/Syd C.		 AQUA- Step, Flex & Balance w/Syd C.	
10:00AM	 Silver Sneakers w/Joe D.	ZUMBA w/Sherry		ZUMBA w/Sherry		AQUA FITNESS w/Joy 
10:00AM		AQUA FITNESS w/Joy 		AQUA FITNESS w/Joy 		ZUMBA w/Sherry 10:30AM
11:00AM	AQUA FITNESS w/Syd C. 	STRONG & STABLE w/Sherry	AQUA FITNESS w/Syd C. 	STRONG & STABLE w/Sherry	AQUA FITNESS w/Syd C. 	TONING w/Sherry 11:30AM
						SUNDAY
						ZUMBA w/Susan 2:00 PM
6:00PM					ZUMBA LATIN FUSION w/Joe	TONING w/Susan 3:00 PM- 3:30 PM
6:30PM	ZUMBA LATIN FUSION w/Joe	AQUA CARDIO w/Rachel 	ZUMBA LATIN FUSION w/Joe	AQUA CARDIO w/Rachel 		

Babysitting: Monday – Friday 5pm-8pm. \$1 per child per hour.