

# SPA 3 GROUP FITNESS SCHEDULE

TOOYOURHEALTHSPAS.COM (352) 245-2800

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	AQUASIZE W/JULIE		AQUASIZE W/JULIE		AQUASIZE W/JULIE		
8AM	EASY DOES IT W/TONI	CLASSIC  SILVER SNEAKERS W/TONI			EASY DOES IT W/JILL 7:45 AM		
8:30AM	AQUASIZE W/MARTHA		AQUASIZE W/MARTHA		AQUASIZE W/MARTHA		
9:30AM		CARDIO KICKBOXING W/LINDA	SCULPT 4 STRENGTH W/SUZANNE	BODY PUMP IT W/LINDA G	STEP FORCE W/LINDA G		
10:30AM				CLASSIC  SILVER SNEAKERS W/TONI			
11AM		AQUASIZE W/NORMA		AQUASIZE W/NORMA		AQUASIZE W/NORMA	
4PM	AQUASIZE W/SUZANNE	AQUASIZE W/SUZANNE		AQUASIZE W/SEAN	AQUASIZE W/SEAN		
6PM	HATHA YOGA W/SANDY	STEP W/MELANIE	CARDIO CIRCUIT W/NATALIA L	BODY ASSAULT W/NATLIA L			
7PM		ZUMBA W/IVELISSE	YIN YOGA W/SANDY	ZUMBA W/IVELISSE			REVISED ON 2/16/2023