















SEPTEMBER 2023 – Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am: SILVER SNEAKERS with Ruby	5:30am: SPIN with Keith 	9:30am: SPIN with Connie 	5:30am: SPIN with Keith 	9:00am: AQUA - Abs and Legs with Janet 	8:00am: SPIN with Keith 	8:30am: SPIN with Connie 
9:30am: E Z Ride with Connie 	9:15 am: BODY SCULPT with Theresa	10:00am: AQUA with Mary 	9:00am: BODY SCULPT with Theresa	9:15am: PILATES MAT with Stephanie	9:00am: HATHA YOGA with Latoya	10:00am: ZUMBA with Tashi
10:00am: ZUMBA with Ruby	10:00am: AQUA with Janet 	10:00am: TRADITIONAL YOGA with Jayati	10:00am: Guts & Butts with Theresa-30min		10:00am: KICKBOXING w/Omar	
10:00am: AQUA with Mary 	10:15am: YOGA STRETCH with Theresa - 30 min	6:00pm: AQUA with Desiree 	10:30am: Dance Fitness w/Terry	10:15am: BARRE FIT with Theresa (45 mins)	11:00am: ZUMBA with Cathy	
11:00am: YOGA STRETCH with Sue	11:00am: SENIOR FIT with Sue	6:30pm: YOGA (all levels) with Terry	11:00am: AQUA with Janet 			
6:00pm: GET RIPPED HIIT with Trainer Ian	5:25pm: 30-Min Abs w/Connie		11:30am: GET FIT LITE with Terry	12:30pm: Chair Yoga with Terry		
	6:00pm: SPIN with Connie 		5:30pm: SPIN with Connie 			
	6:30pm: ZUMBA with Cathy		5:30pm: Hurricane Bootcamp with Trainer Ian			



Please check the website for the latest class updates.

Schedule subject to change!!

www.xlfitness.org/classes