

FITNESS CLASS SCHEDULE

Monday

Camp Coleman
5:30-6:15 AM

Jazzercise
8:10-9:10AM

Body Works 4U
8:30-9:15AM

Coleman
Cross Training
9:00-9:45AM

Jazzercise
9:15-10:15AM

Barre HIIT
9:45-10:45AM

Beyond Fit
11:00-11:55AM

Functional
Yoga Sculpt
5:30-6:45PM

Jazzercise
6:00-7:00PM

Body Sculpt
5:50-6:10PM

Pilates I
6:15-6:45PM

Cyclelates
6:15-7:15PM

Monday
Night Cycling
6:45-7:15PM

Zumba
7:00-8:00PM

Tuesday

Pizazz
Moves + Power
9:00-10:00AM

Functional
Yoga Sculpt
9:00-10:15AM

Jazzercise
9:15-10:15AM

Yoga Flow
10:30-11:30AM

Zumba
10:35-11:35AM

Pizazz Stretch
12:00-12:30PM

Jazzercise
4:30-5:30PM

Jazzercise
6:00-7:00PM

Build A Strong
Flexible Body
7:15-8:15PM

Wednesday

Camp Coleman
5:30-6:15AM

Body Boost
6:00 - 7:00AM

Jazzercise
8:10-9:10AM

Body Works 4U
8:30-9:15AM

Coleman
Cross Training
9:00-9:45AM

Jazzercise
9:15-10:15AM

Beyond Fit
11:00-11:55AM

Barre
W/ Wendy
5:30-6:00PM

Functional
Yoga Sculpt
5:30-6:45PM

Jazzercise
6:00-7:00PM

Pilates II
6:15-6:45PM

Zumba
7:00-8:00PM

Gentle Stretch
7:15-8:15PM

Thursday

Pizazz
Moves + Power
9:00-10:00AM

Functional
Yoga Sculpt
9:00-10:15AM

Jazzercise
9:15-10:15AM

Yoga Flow
10:30-11:30AM

Zumba
10:35-11:35AM

Pizazz Stretch
12:00-12:30PM

Jazzercise
4:30-5:30PM

Cycle Fusion
5:30-6:30PM

Arms & Abs
5:30-6:00PM

Sculpt & Cycling
5:45-6:30PM

GO Beyond
6:00-6:50PM

Jazzercise
6:00-7:00PM

Prolong Your Prime
7:15-8:15PM

Friday

Camp Coleman
5:30-6:15 AM

Body Boost
6:00 - 7:00AM

Jazzercise
8:10-9:10AM

Body Works 4U
8:30-9:15AM

Coleman
Cross Training
9:00-9:45AM

Jazzercise
9:15-10:15AM

Saturday

Saturday
Morning Cycling
8:00-9:00AM

Jazzercise
8:10-9:10AM

Body Ignite
8:15-9:15AM

Functional
Yoga Sculpt
9:00-10:15AM

Jazzercise
9:15-10:15AM

Zumba
10:30-11:30AM

Sunday

Jazzercise
1:00-2:00PM