


FIT 4 LIFE

fitness center

GROUP CLASSES

Session 1: September 10 - October 28 Session 2: November 5 - December 23

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8:30am-9:15am Metabolic Effect Workout	8:00am-8:45am Cardio Resistance	8:15am-9:00am Senior Strong	9:30am-10:30am Zumba	9:30am-10:30am Lift & Stretch	8:00am-8:45am Tabata	9:00am-10:00am Lift & Stretch
	9:15am-10:00am Pilates/Stretch	10:00am-11:00am Y-Weight	9:00am-9:30am Step Express	10:40am-11:40am Move & Groove		9:30am-10:30am Zumba	10:15am-11:15am Zumba
			9:45am-10:45am Fit Flow	10:45am-11:30am Zumbini			
5:00pm-5:45pm F.A.S.T.			5:00pm-5:45pm TRX	4:30pm-5:30pm Kickboxing & Cardio	5:30pm-6:30pm World Dance		
EVENING		5:45pm-6:30pm Strength, Tone, Core, & More	6:00pm-6:55pm Hatha Yoga Beginner*	5:45pm-6:30pm Strength & Cardio Blast	5:30pm-6:30pm Zumba		
		6:30pm-7:15pm Zumba	6:40pm-7:40pm Get Fit (English)	6:30pm-7:15pm Core, Abs, & Back	6:40pm-7:40pm Get Fit (Polish)	<p>NO CLASS 11/23 AND 11/24</p> <p>Note: Dates are subject to start and end on different dates depending on the sessions. Please refer to the program brochure to find out more information. Classes added outside of the session will be subject to group fitness drop in rates (\$5/residents & \$7/non residents). *This class is not included in EFT membership, or eligible for class passes or drop in.</p>	
		7:25pm-8:10pm Fitness Boot Camp	7:00pm-8:15pm Hatha Yoga Continuing*	7:25pm-8:10pm Fitness Boot Camp	7:45pm-8:45pm Get Fit (Polish)		
			7:45pm-8:45pm Get Fit (Polish)	8:15pm-9:15pm Zumba			

- AEROBICS ROOM
- BODINE ROOM
- PERFORMING ARTS STUDIO