

Fitness Pass Classes

Jan 14th 2019- April 7th 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> POWER 5:40am	<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am	<small>GROUP</small> CENTERGY 5:40am	<small>GROUP</small> ACTIVE 5:40am	<small>GROUP</small> POWER 7:40am
<small>ENHANCE FITNESS</small> 8:45am Intermediate	<small>GROUP</small> ACTIVE 9:40am	<small>ENHANCE FITNESS</small> 8:45am Intermediate	<small>GROUP</small> ACTIVE 9:40am	<small>ENHANCE FITNESS</small> 8:45am Intermediate	<small>GROUP</small> fight 8:50am
<small>ENHANCE FITNESS</small> 10:00am Advanced		<small>ENHANCE FITNESS</small> 10:00am Advanced		<small>ENHANCE FITNESS</small> 10:00am Advanced	<small>GROUP</small> CENTERGY 10:00am
<small>GROUP</small> ACTIVE 11:20am	ZUMBA 11:20am	<small>GROUP</small> ACTIVE 11:20am	ZUMBA 11:20am		ZUMBA 11:10am
<small>GROUP</small> CENTERGY 12:30pm	<small>GROUP</small> POWER 12:30pm	<small>GROUP</small> CENTERGY 12:30pm	<small>GROUP</small> POWER 12:30pm		
ZUMBA 1:30pm		ZUMBA 1:30pm			
					SUNDAY
<small>GROUP</small> fight 5:40pm	<small>GROUP</small> ACTIVE 5:40pm	<small>GROUP</small> fight 5:40pm	<small>GROUP</small> ACTIVE 5:40pm	<small>GROUP</small> POWER 5:40pm	<small>GROUP</small> ACTIVE 9:40am
<small>GROUP</small> POWER 6:50pm	ZUMBA 6:50pm	<small>GROUP</small> POWER 6:50pm	ZUMBA 6:50pm		
<small>GROUP</small> CENTERGY 8:00pm		<small>GROUP</small> CENTERGY 8:00pm			

GROUP
POWER

Group Power™ is a 60 minute barbell strengthening program. Ages 13+

GROUP
CENTERGY

Group Centergy™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within 60 minutes

GROUP
fight

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness!

ZUMBA

ZUMBA® is a 60 min Latin infused dance-based workout.

ENHANCE FITNESS

Enhanced Fitness helps older adults 62+ at all levels of fitness become more active, energized, and empowered to sustain independent lives. Open to all ages. Intermediate and Advanced levels offered.

GROUP
ACTIVE

Group Active™ is a 60 minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Ages 13+