



SPRING & SUMMER FITNESS PROGRAM SCHEDULES



SPRING FITNESS PROGRAM SCHEDULE

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|----------------|-----------------------|-----------------------|---------------------|--------------------|---------------------|-----------------------|---------------------------|
| 10:00-11:00 AM | Women on Weights | Walk on the Island | BabyFIT Bootcamp | Walk on the Island | | Beginner Running Club | Intense Power & Flow Yoga |
| 6:00-7:00 PM | Power Pedal | | | | | | |
| 6:00-7:00 PM | Spring into Fitness | Beginner Running Club | Spring into Fitness | | Spring into Fitness | | |
| 7:00-8:00 PM | Lower Body Sweat Fest | Triple Threat | | Triple Threat | | | |

● Free for Members

● Fitness Classes
* Both registration & drop in available

● Fitness Programs
* Only full season registration available, no drop ins available

SUMMER FITNESS PROGRAM SCHEDULE

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|----------------|----------------|-----------------------|------------------|---------------|----------------|-----------------------|------------------|
| 10:00-11:00 AM | | | BabyFIT Bootcamp | | | Beginner Running Club | Summer Flow Yoga |
| 6:00-7:00 PM | Summer Warrior | Beginner Running Club | Summer Warrior | | Summer Warrior | | |
| 6:00-7:00 PM | Power Pedal | | | | | | |
| 7:00-8:00 PM | | Triple Threat | | Triple Threat | | | |

● Free for Members

● Fitness Classes
* Both registration & drop in available

● Fitness Programs
* Only full season registration available, no drop ins available