



FIT 4 LIFE fitness center

Summer Session 2: July 24 - September 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Adult Strength 8:00-8:45am	Cardio Resistance 8:00-8:45am	S-T-S 9:30-10:30am	Zumba 9:30-10:30am	Circuit Training Recess Style 9:30-10:30am	Tabata 8:00-8:45am	Circuit Training Recess Style 9:00-10:00am
	Metabolic Effect Workout 8:30-9:15am	Step-N-Weight 9:30-10:30am				Zumba 9:30-10:30am	Zumba 10:15-11:15am
	Adult Strength 9:00-9:45am						
	Pilates Stretch 9:15-10:00am						
EVENING	Adult Strength 10:00-10:45am	Strength, Tone, Core, & More 5:45-6:30pm	F.A.S.T 5:00-5:45pm	TRX 5-5:40pm	F.A.S.T 4:15-5pm		
		Zumba 6:30-7:15pm	Hatha Yoga Beg. 6:00-6:55pm	Cardio Kickboxing w/Abs 5:45-6:30pm	Zumba 5:30-6:30pm		
		Fitness Boot Camp 7:20-8:05pm (16S635B Combined)	Zumba 7:50p-8:50pm	Core, Abs, & Back 6:30-7:15pm	Get Fit 6:45-7:45pm		
			Get Fit 6:45-7:45pm	Fitness Boot Camp 7:20-8:05pm (16S636B Combined)			
			Hatha Yoga Cont. 7:30-8:15pm				

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.

