



FIT 4 LIFE fitness center

*Fall Session:
September 11 - December 11*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Adult Strength 8:00-8:45am	Cardio Resistance 8:00-8:45am	Fit Flow 9:30-10:30am	Zumba 9:30-10:30am	Chair Body Works 7:45-8:35	Tabata 8:00-8:45am	Single Station Training 9:00-10:00am
	Metabolic Effect Workout 8:30-9:15am	Step Express 9:15-10:15am			Single Station Training 9:30-10:30am	Zumba 9:30-10:30am	Zumba 10:15-11:15am
	Adult Strength 9:00-9:45am	Y-Weight 10:00-11:00am					
	Pilates Stretch 9:15-10:00am						
	Adult Strength 10:00-10:45am			TRX 5-5:40			
EVENING		Strength, Tone, Core, & More 5:45-6:30pm	F.A.S.T 5:00-5:45pm	Cardio Kickboxing w/Abs 5:45-6:30pm	Zumba 5:30-6:30pm		
		Zumba 6:30-7:15pm	Hatha Yoga Beg. 6:00-6:55pm	Core, Abs, & Back 6:30-7:15pm	Get Fit English 6:40-7:40pm		
		Fitness Boot Camp, Adv. 7:20-8:05	Get Fit English 6:40-7:40pm	Fitness Boot Camp, Adv. 7:20-8:05	Get Fit Polish 7:45-8:45pm		
		Fitness Boot Camp, Beg. 8:10-8:55pm	Hatha Yoga Cont. 7:30-8:15pm	Fitness Boot Camp, Beg. 8:10-8:55pm			
			Get Fit Polish 7:45-8:45pm				

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.

