

Club Hours:

Mon to Thurs:
5:00am – 8:00pm
Friday:
5:00am – 7:00 pm
Saturday:
8:00am – 4:00pm
Sunday:
9:00am – 2:00pm



Club Phone: (941) 341-9276

Kids Club Hours:

Mon to Thurs:
8:00am – 12:00pm
and
5:00pm – 7:00 pm
Fri to Sat:
8:00am – 12:00pm

Time	MON	TUES	WEDS	THURS	FRI	SAT	SUN	
5:45 am	Kettlebells Regina 8:30-9:15	Sweat & Sculpt Ivonne 5:45-6:30		Sweat & Sculpt Ivonne 5:45-6:30	Pilates Cathy 8:30-9:25	Step Lynn 9:00-9:30		
		Yoga 8:00 – 9:00 Kunal	Barre Sculpt Morgan					
8:00			8:15-9:00					
8:30				Zumba Reena 9:00-9:30				
9:00								
9:30	**Forever Fit** Darci 9:30-10:15	Butts ‘N Guts Lila 9:30-10:00	Yoga Flow Reena 9:30-10:25	Strength Reena 9:30-9:55		Core & More Lynn 9:30-9:55	Please bring mat to classes	
10:00		Cardio Drills Lila 10:00-10:25		Core Olivia 10:00-10:25			Somatic Pilates Ivonne 10:00-11:00	
10:30	Pilates Cathy 10:30-11:30	**Tai Ball** Darci 10:30-11:00	Dance Aerobics Regina 10:30-10:55	**Dance** Darci 10:30-11:15	**Forever Fit** Darci 10:30-11:15		Pilates Ivonne 10:30 -11:30	
11:00		**Dance** Darci 11:00-11:30	Posture Perfect Regina 11-11:30		Yoga Kunal 11:30-12:30			
Evening Classes								
4:30 pm				Stretch & Release Regina 4:30-5:25	KEY: RESISTANCE CARDIO MIND/BODY ELITE			
				Strength Olivia 5:30-6:00				
5:30	Fit Surprise Morgan 5:30-6:00	Barre Regina 5:30-6:00	Burn ‘N Build Olivia 5:30-6:00	Strength Olivia 5:30-6:00				
6:00	Strength Morgan 6:00-6:30	Pump Regina 6:00-6:30	WERQ Olivia 6:00-7:00	WERQ Olivia 6:00-6:45				
6:30								
Elite Sessions *Fee-Based RSVP Required*								
7:30 am								
8:30 am		Cycle Olivia 9:00-9:25		Cycle Olivia 8:30-9:00				
9:15	Tank Top Arms Regina 9:15-9:45		Awesome Abs Regina 9:30-10:00		Bikini Bottoms Regina 9:00-9:30	Elite Sessions require advance reservation and payment to attend		
9:30								
		ELITE Strength Olivia 5:30-6:00						
6:30		Cycle Regina 6:30-7:00						