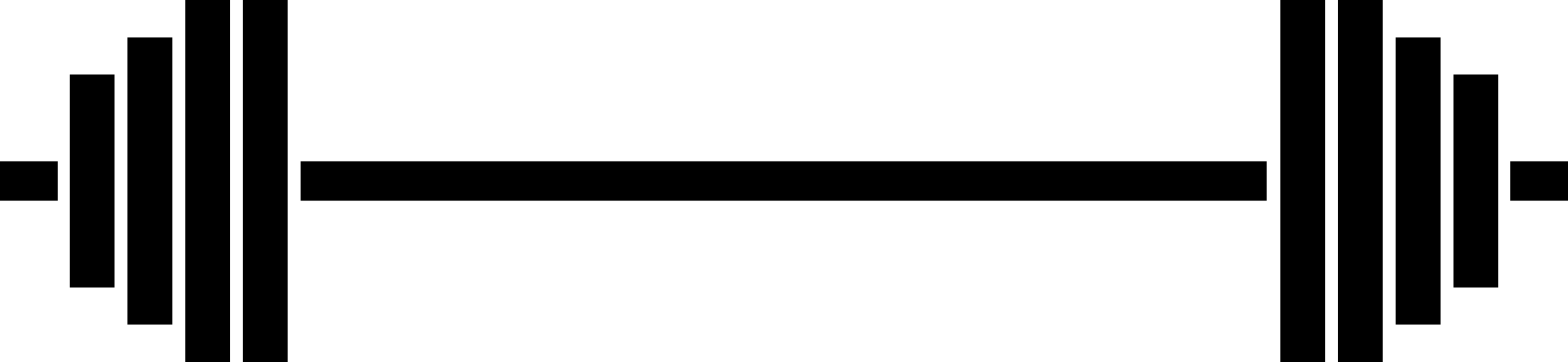
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 6:00am  HIIT  H |  | 6:00am  HIIT  H |  |  |  |  |
|  | **8:30am**  **Cardio X Training**  **E/M** | **8:45am**  **Spin**  **M/H** | **8:30am**  **Cardio X Training**  **M/H** |  |  |  |
| 9:00am  Pilates  E/M |  |  |  | **9:00am**  **Gentle Yoga**  **E** | **9:00am**  **Zumba/Zumba Toning**  **M** |  |
| 10:15am  Spin  M/H | **10:00am**  **Cardio/Core**  **E/M** | **10:00am**  **Senior Strength**  **E** |  | **8168** |  |  |
| 11:10am  Senior Stretch  E | **11:10am**  **Senior Mat Pilates**  **E** | **10:30am**  **Meditation**  **E** | **11:15am**  **Senior Mat Pilates**  **E** |  |  | **4:00pm**  **Yoga**  **E/M** |
|  | **12:30pm**  **Tai Chi**  **Starting 9/10** | **11:10am**  **Yoga**  **E/M** | **12:30pm**  **Tai Chi**  **Starting 9/12** | **12:00pm**  **Senior Stretch**  **E** |  |  |
|  |  | **3:05pm**  **Kids Fitness**  **E** |  |  | **Fitness Center:**  **(904) 829-8584**  **Amenity Center:**  **(904) 810-0520**  **E= Easy M= Medium H= Hard**  **9/1/2024** |  |
|  | **5:15pm**  **Yogalates**  **E/M** | **5:15pm**  **Power Yoga**  **M/H** |  |  |  |  |
| 6:00pm  Pilates Barre  M/H | **6:30pm**  **Power Pump**  **M/H** |  | **6:00pm**  **Zumba**  **M** |  |  |  |

**** Fitness Schedule



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