|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 6:00amHIIT H |  |  6:00amHIITH |  |  |  |  |
|  | **8:30am****Cardio X Training****E/M** | **8:45am****Spin****M/H** | **8:30am****Cardio X Training****M/H** |  |  |  |
| 9:00amPilatesE/M |  |  |  | **9:00am****Gentle Yoga****E** | **9:00am****Zumba/Zumba Toning****M** |  |
| 10:15amSpinM/H | **10:00am****Cardio/Core****E/M** | **10:00am****Senior Strength****E** |  | **8168** |  |  |
| 11:10amSenior StretchE | **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** |  |  |  |  |
| 6:00pmPilates BarreM/H | **6:30pm****Power Pump****M/H** |  | **6:00pm****Zumba****M** |  |  |  |

**** Fitness Schedule

[This Photo](https://www.pngall.com/barbell-png/) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/)