

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training M/H	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 Strong All Over E			
11:10am Senior Stretch E	11:00am Senior Mat Pilates E	10:30am Meditation E	11:00am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi E	11:10am Yoga E/M	12:30pm Tai Chi E	12:00pm Senior Stretch E	<p><u>Fitness Center:</u> <u>(904) 829-8584</u></p> <p><u>Amenity Center:</u> <u>(904) 810-0520</u></p> <p>E= Easy M= Medium H= Hard</p> <p>1/1/2025</p>	
		3:30pm Kids Fitness E				
	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



January