

FITNESS FRENZY 2018

Artillery Park

Day	Time	Activity
Monday Sept 17 th	12:15 p.m. - 1:00 p.m.	Quick Fit 4 Lunch - Cardio
	5:15 p.m. - 6:00 p.m.	Fitness @ 5
	6:00 - 6:45 p.m.	Aqua Jogging
Tuesday Sept 18 th	7:00 a.m. - 8:00 a.m.	Morning Yoga
	9:00 - 9:55 a.m.	Aqua Fit
	10:00 - 10:55 a.m.	Aqua Fit
	12:15 p.m. - 1:00 p.m.	Lower Body Express
	5:15 p.m. - 6:00 p.m.	Fitness @ 5 - Zumba Edition
	6:15 p.m. - 7:00 p.m.	Cycle Fit
Wednesday Sept 19 th	12:15 p.m. - 1:00 p.m.	15-15-15
	12:15 p.m. - 1:00 p.m.	Cycle Fit
	5:00 p.m. - 5:50 p.m.	Power Yoga
	7:30 - 8:25 p.m.	Aqua Fit
Thursday Sept 20 th	7:00 a.m. - 8:00 a.m.	Morning Yoga
	9:00 - 9:55 a.m.	Aqua Fit
	10:00 - 10:55 a.m.	Aqua Fit
	12:15 p.m. - 1:00 p.m.	Lower Body Express
	5:15 p.m. - 6:00 p.m.	Kettlebells & Dumbbells
	6:15 p.m. - 7:00 p.m.	Cycle Fit
Friday Sept 21 st	7:00 a.m. - 8:00 a.m.	Morning Yoga
	12:15 p.m. - 1:00 p.m.	15-15-15
	12:15 p.m. - 1:00 p.m.	Cycle Fit
	5:15 p.m. - 6:00 p.m.	Fitness @ 5
Saturday Sept 22 nd	10:00 a.m. - 10:45 a.m.	Cycle Fit
	11:00 a.m. - 11:45 a.m.	Weekend Warrior
Sunday Sept 23 rd	10:45 - 11:40 a.m.	Aqua Fit

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Day	Time	Activity
Monday Sept 17 th	8:30 a.m. - 9:30 a.m.	Cardio Tone
	5:00 p.m. - 6:20 p.m.	Cycle Fit Plus
	6:15 p.m. - 7:00 p.m.	Tabata & Core
Tuesday Sept 18 th	9:00 - 9:45 a.m.	POUND Fitness
	10:00 a.m. - 11:00 a.m.	Gentle Stretch
	5:15 p.m. - 6:00 p.m.	Cycle Fit
	7:15 - 8:00 a.m.	Boot Camp - Pure Power
Wednesday Sept 19 th	8:30 a.m. - 9:30 a.m.	Cardio Tone
	4:30 - 5:15 p.m.	STRONG By Zumba
	6:15 p.m. - 7:00 p.m.	Pure Strength

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Thursday Sept 20 th	10:00 a.m. - 11:00 a.m. 4:30 – 5:15 p.m. 5:00 p.m. - 5:45 p.m. 5:50 p.m. - 6:20 p.m. 7:15 – 8:00 p.m.	Multi-level Yoga Fitness Kickboxing Cycle Fit Hard Core Boot Camp – Pure Power
Friday Sept 21 st	8:50 a.m. - 9:50 a.m. 10:30 – 11:15 a.m.	Wobble Board Cardio Strength Training for Older Adults
Saturday Sept 22 nd	9:00 – 9:45 a.m. 10:00 a.m. - 10:45 a.m. 11:00 a.m. - 11:45 a.m.	DancePI3y Cycle Fit Body Sculpt and Core
Sunday Sept 23 rd	9:30 - 10:45 a.m.	Hatha Yoga