

# Group Fitness Schedule 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RL - 10 am Pickleball	RL - 6 am Strength Workout	RL - 8:15 am Pilates	RL - 6 am Strength Workout	RL - 8:15 am Pilates	RL - 6 am Strength Workout	RL - 9 am Pickleball
RL - 10 am Kickboxing	RL - 8:30 am Spin Class	RL - 9 am Pickleball	RL - 8:30 am Spin Class	RL - 9 am Pickleball	RL - 8:30 am Spin Class	RL - 10 am Kickboxing
RL - 1 pm Chair Yoga	RL - 9 am Deep Water Aerobics	RL - 9:30 am Chair Yoga	RL - 9 am Deep Water Aerobics	RL - 9:30 am Chair Yoga	RL - 9 am Pickleball	
RL - 1:30 pm Walk Fit Low-Impact Workout	RL - 9 am Pickleball	RL - 10 am Walk Fit Low-Impact Workout	RL - 9 am Pickleball	RL - 10 am Walk Fit Low-Impact Workout	RL - 9 am Deep Water Aerobics	
	RL - 9:10 am Strength Workout	RL - 1 pm Body Groove	RL - 9:10 am Strength Workout	IL - 5 pm Karate	RL - 9:10 am Strength Workout	
	RL - 10 am Shallow Water Aerobics		RL - 10 am Shallow Water Aerobics		RL - 10 am Shallow Water Aerobics	
	RL - 2:30 pm Line Dancing		IL - 10:30 am Yoga		RL - 10 am Kickboxing	
	IL - 6:30 pm Yoga					

**RL - Resident Led - No Charge**

**IL - Instructor Led**

**Yoga with Instructor Tiffany**

**Mondays at 6:30 pm**

**Wednesdays at 10:30 am**

**All Levels Flow Yoga Class - Parkside Fitness Studio.**

Appropriate for all participants. Moderately paced and moderate intensity.

\$8 per individual class or \$25 per month per selected class time or

\$40 per month for all classes. Please register online.

**Karate**

**Youn Wha United**

**Thursdays at 5:00 pm**

**\$30 per Month**

Please register online.