

Group Fitness Schedule 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RL - 10 am Pickleball	RL - 8:30 am Spin Class	RL - 8:15 am Pilates	RL - 8:30 am Spin Class	RL - 8:15 am Pilates	RL - 8:30 am Spin Class	RL - 10 am Kickboxing
RL - 10 am Kickboxing	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 Deep Water Aerobics	RL - 6 pm Pickleball
RL - 1 pm Chair Yoga	RL - 9:10 am Beachbody Workout	RL - 10 am Walk Fit Low-Impact	RL - 9:10 am Beachbody Workout	RL - 10 am Walk Fit Low-Impact	RL - 9:10 am Beachbody Workout	
RL - 1:30 pm Walk Fit Low-Impact Workout	RL - 10 am Shallow Water Aerobics	Workout RL - 6:30 pm Pickleball	RL - 10 am Shallow Water Aerobics	Workout RL - 11 am Beachbody Workout	RL - 10 am Shallow Water Aerobics	
	RL - 6:30 pm Pickleball IL - 6:30 pm Yoga		IL - 10:30 am Yoga RL - 6:30 pm Pickleball	IL - 5 pm Karate RL - 6:30 pm Pickleball	RL - 10 am Kickboxing RL - 6:30 pm Pickleball	

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

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Thursdays at 5:00 pm

\$30 per Month

Please register online.