

# FITWEEK JANUARY 14-20

ALL PROGRAMS • ALL WEEK • ALL FREE

**MONDAY 14**    **TUESDAY 15**    **WEDNESDAY 16**    **THURSDAY 17**    **FRIDAY 18**    **SATURDAY 19**    **SUNDAY 20**

**FITNESS**   **KIDS**   **TEENS**   **AQUAFIT**   **SENIORS**   **GROUPX**

7:35-8:20AM  
**DEEP WATER WORKOUT**

8:30-9:15AM  
**DEEP WATER WORKOUT**

9:00-9:55AM  
**CARDIOPUMP**

9:15-9:55AM  
**DESIGNFIT CONDITIONING**

9:20-10:00AM  
**SHALLOW WATER WORKOUT**

10:05-11:00AM  
**PILATES**

10:15-11:00AM  
**AS YOU CHOOSE**

11:00AM-12:00PM  
**GET GOING/KEEP GOING**

11:05AM-12:00PM  
**EZ ENERGY**

12:10-12:55PM  
**DEEP WATER WORKOUT**

12:30-1:30PM  
**EASY GOING**

12:30-1:30PM  
**SENIORS CHAIR YOGA**

3:30-4:15PM  
**KIDS YOGA**

4:30-5:30PM  
**YOUTH YOGA**

6:00-6:55PM  
**SPIN AND PUMP**

6:30-7:30PM  
**FULL FIGURE FITNESS**

7:00-7:55PM  
**YOGA**

8:00-8:55PM  
**HIGH FITNESS**

8:15-9:30PM  
**CATCHBALL**



6:15-7:00AM  
**SPIN**

8:00-8:55AM  
**SPIN**

8:15-9:00AM  
**TETHER DEEP WATER WORKOUT**

9:00-9:55AM  
**PUMPED**

9:00-9:55AM  
**EVERFIT**

9:15-10:00AM  
**POUND**

10:05-11:00AM  
**VITALITY STRETCH**

10:15-11:00AM  
**KEEP GOING**

11:05AM-12:00PM  
**BONE BUILDERS**

11:00AM-12:00PM  
**BALANCE FOCUS**

12:10-12:55PM  
**DEEP WATER WORKOUT**

12:15-1:00PM  
**CARE INTERMIX**

3:30-4:15PM  
**HIP HOP KIDS**

4:30-5:30PM  
**HIP HOP YOUTH**

4:30-5:30PM  
**TEENS EMPOWERED**

6:00-7:00PM  
**TEENS EMPOWERED AND UNLEASHED FOR 16+ YEARS**

6:00-6:55PM  
**SETS+**

6:15-7:00PM  
**TRX & TABATA**

6:15-7:00PM  
**AQUA UNLEASHED**

7:00-8:00PM  
**FEMALES ONLY FITNESS**



6:15-7:00AM  
**IYENGAR YOGA**

7:35-8:20AM  
**DEEP WATER WORKOUT**

8:30-9:15AM  
**DEEP WATER WORKOUT**

9:00-9:55AM  
**BOOTCAMP**

9:15-10:00AM  
**DESIGNFIT STRENGTH FUSION**

9:20-10:05AM  
**SHALLOW WATER WORKOUT**

9:30-10:30AM  
**GEARS**

10:05-11:00AM  
**BARRE / YOGA**

10:15-11:00AM  
**AS YOU CHOOSE**

11:00AM-12:00PM  
**GET GOING**

11:05AM-12:00PM  
**ZUMBA® GOLD**

12:30-1:30PM  
**EASY GOING**

4:30-5:30PM  
**TEEN UNLEASHED**

5:30-6:25PM  
**BARRE**

6:35-7:30PM  
**ZUMBA®**

6:45-7:30PM  
**VIPR**

7:30-8:15PM  
**DYNAMIC ABS**

6:15-7:00AM  
**BOOTCAMP**

8:00-8:55AM  
**SPIN**

7:00-8:00AM  
**FULL FIGURE FITNESS**

8:15-9:00AM  
**TETHER DEEP WATER WORKOUT**

9:00-9:55AM  
**CARDIOCUTZ**

9:00-9:55AM  
**EVERFIT**

9:15-10:00AM  
**POUND**

10:05-11:00AM  
**VITALITY STRETCH**

10:15-11:00AM  
**KEEP GOING CIRCUIT**

11:00AM-12:00PM  
**CIRCUIT IN CHAIRS**

12:10-12:55PM  
**DEEP WATER WORKOUT**

12:15-1:00PM  
**CARE INTERMIX**

4:00-5:00PM  
**YOUTH TENNIS BEGINNERS**

5:00-6:00PM  
**YOUTH TENNIS ADVANCED**

6:00-6:55PM  
**SPIN & PUMP**

6:15-7:00PM  
**TRX & TABATA**

7:00-7:55PM  
**BARRE**

7:15-8:00PM  
**POUND**

8:00-8:55PM  
**BUTI YOGA**



**GET AN ANNUAL MEMBERSHIP FOR 15% OFF!**  
(FOR NEW MEMBERS OR MEMBERSHIPS THAT HAVE EXPIRED FOR 12+ MONTHS)

**TRY IT • REGISTER • SAVE**  
RECEIVE 15% OFF WHEN YOU TRY A CLASS AND REGISTER FOR THE SAME CLASS ON THAT DAY!

8:30-9:15AM  
**DEEP WATER WORKOUT**

9:00-9:55AM  
**HIGH FITNESS**

9:15-10:00AM  
**DESIGNFIT CORE & CARDIO**

9:20-10:05AM  
**SHALLOW / AQUA ZEN**

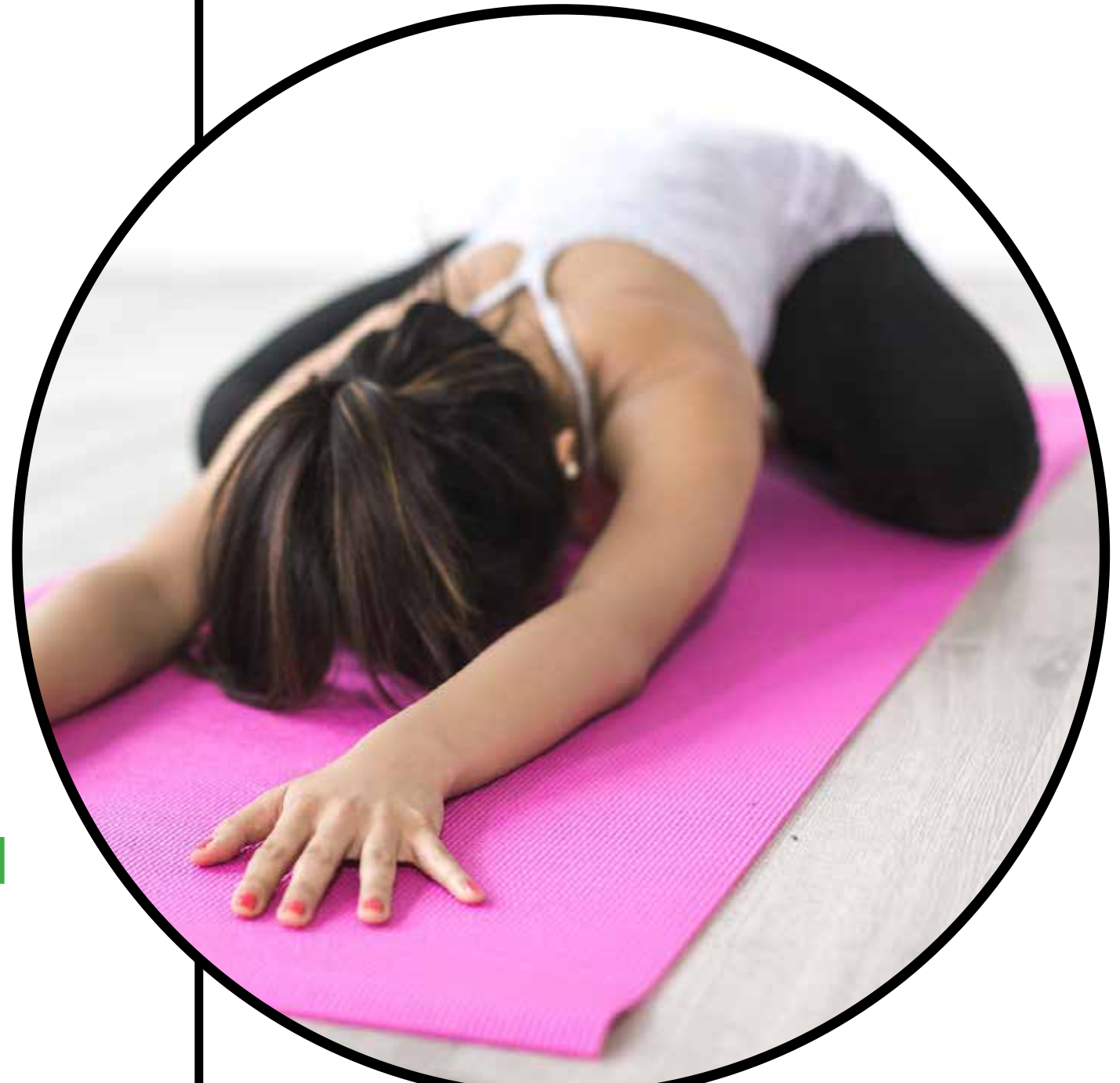
10:05-11:00AM  
**YOGA**

10:15-11:00AM  
**AS YOU CHOOSE**

10:15-11:00AM  
**CHAIR DANCING**

11:00AM-12:00PM  
**BALANCE/STRENGTH**

11:05AM-12:00PM  
**ZUMBA® GOLD**



9:15-10:10AM  
**HIIT**

10:00-10:45AM  
**AQUA VARIETY**

10:20-11:15AM  
**ZUMBA®**

11:30AM-12:25PM  
**YOGA**



8:15-9:10AM  
**SPIN**

9:00-9:45AM  
**AS YOU CHOOSE**

9:20-10:15AM  
**HIGH FITNESS**

10:30-11:25AM  
**BUTI YOGA**

11:00AM-12:00PM  
**JR. NBA**

12:00-1:00PM  
**STEVE NASH YOUTH BASKETBALL**

6:15-7:15PM  
**FEMALES ONLY FITNESS**