

# SUMMER

## FITNESS SCHEDULE

### MONDAY

- 5:30AM HIGH DEFINITION
- 8:00AM SHINE UPLIFT
- 9:00AM STRONGHER
- 11:00AM MINI MOVERS
- 4:15PM SR. BALANCE
- 5:30PM NIGHT FLOW YOGA

### TUESDAY

- 5:30AM TABATA TUNE UP
- 5:30AM SHINE UPLIFT COMBO
- 9:00AM SENIOR STRENGTH
- 7:00PM JAGATUOR MARTIAL ARTS

### WEDNESDAY

- 5:30AM HIGH DEFINITION
- 8:00AM SHINE UPLIFT
- 9:00AM STRONGHER
- 4:15PM SR. BALANCE
- 5:30PM NIGHT FLOW YOGA

### THURSDAY

- 5:30AM TABATA TUNE UP
- 5:30AM SHINE UPLIFT COMBO
- 9:00AM SENIOR STRENGTH
- 7:00PM JAGATUOR MARTIAL ARTS

### FRIDAY

- 5:30AM HIGH DEFINITION
- 8:00AM SHINE UPLIFT

### SESSION DATES

SESSION 1 MAY 24TH-JUNE 27TH

SESSION 2 JUNE 28TH-AUGUST 1ST

*Starting June 1st  
New Membership Fees*

Unlimited Classes for ALL memberships  
except for the walking track!