

# Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am Group Ride® 55 min	5:20am Group Power® 60 min #1	9:00am R30® 30min	5:20am Group Power® 60 min #1	10:15am Yoga 60 min #3	9:00am Group Ride 55 min.	10:15am Yoga 60 min #3
10:15am Yoga 60 min #3	9:15am Senior n Fit 50 min #2	9:30am Core 30 min #1	9:00am Body Bar 50 min #1	12:00pm R30® 30min	9:00am Group Power® 60 min #1	
12:15pm Group Power® 45 min #1	5:30pm Zumba® 55 min #2	10:15pm Yoga 60 min #3	9:15am Senior n Fit 50 min #2		10:15am Shake & Shed RKSOLID 45 min #2	
5:30pm Group Blast® 55 min #1	5:30pm R30® 30min	12:15pm Group Power® 45 min #1	12:00pm Group Ride® 30 min			
5:30pm Group Ride® * 55 min	5:30pm Yoga 60 min #3	5:30pm STRONG by Zumba® 55 min #2	12:00pm Yoga 60 min #3			
5:30pm STRONG by Zumba® 55 min #2	6:15pm R30 30 min	5:30pm Group Ride® 55 min	4:45pm R30 30 min			
		6:30pm Shake & Shed RKSOLID 45 min #2	5:30pm Group Power® 55 min #1			
			5:30pm R30® * 30 min			
			5:30pm Yoga 60 min #3			

**ALL CLASSES REQUIRE ONLINE REGISTRATION**

**Please be within 5 minutes when class begins to ensure a proper warm-up.**

# Indicates studio room. Studios #3 is located on the upper level above Child Care.

† AFAP - Arthritis Foundation Aquatic Program  
No charge for Four Seasons Members. Non-members \$15.00 for day pass, inquire at the service desk for additional information

## Circuit Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Circuit Training 45 min	6:00am Circuit Training 45 min	6:00am Circuit Training 45 min	11:30am Circuit Training 45 min	6:00am Circuit Training 45 min	9:00am Circuit Training 50 min	
11:30am Circuit Training 45 min	11:30am Circuit Training 45 min	11:30am Circuit Training 45 min	4:30pm Circuit Training 45 min	11:30am Circuit Training 45 min	9:50am Abs 10 min	
4:30pm Circuit Training 45 min	4:30pm Circuit Training 45 min	4:30pm Circuit Training 45 min				

## Aquatics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am Aqua Aerobics 50 min	9:30am Senior Aquatics 45 min	9:00am Aqua Aerobics 50 min	9:30 am Senior Aquatics 45 min	9:00am Aqua Aerobics 50 min	9:00am Aqua Aerobics 45 min	
10:30am AFAP† 60 min	10:30am Senior Aquatics 45 min	10:30am AFAP† 60 min	10:30am Senior Aquatics 45 min	10:30am AFAP† 60 min		
5:45pm Aqua Aerobics 50 min	5:45pm Aqua Aerobics 50 min	5:45pm Aqua Aerobics 50 min				