

Pool and class schedules are online at www.greatlifegolf.com/-fitness-classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Sit & Be Fit - Ramona 9:00a-9:30a		Sit & Be Fit - Ramona 9:00a-9:30a		Sit & Be Fit - Ramona 9:00a-9:30a	Yoga* 9:00a-9:45a Rotating Instructor
	Tai Chi * 9:30a-10:15a Bill		Tai Chi * 9:30a-10:15a Bill		Tai Chi * 9:30a-10:15a Bill	Trancing 8:00a-8:45a Lorie
	Move It or Lose It 9:45a-10:30a Ramona		Move It or Lose It 9:45a-10:30a Ramona		Move It or Lose It 9:45a-10:30a Ramona	
Lunch Hour	Step Aerobics 12:15p-1:00p Kathy W	Yoga * 12:15p-1:00p Cydney	Toning & Core 12:15p-1:00p Janelle	Yoga * 12:15p-1:00p Margaret	Cardio & Strength 12:15p-1:00p Kathy W	Yoga * 12:15p-1:00p Cydney
					Cardio & Strength 12:15p-1:00p Linette L.	Yoga * 12:15p-1:00p Margaret
Evening		Yoga* 5:30p-6:30p TaNiqua	Zumba 5:30p-6:15p Caitlyn	Pilates/ Yoga* 5:30a-6:30p Denise		Yoga* 5:30p-6:30p TaNiqua
	Body Blast 6:00p-7:00p Lorie			Body Blast 6:00p-7:00p Lorie	Cardio & Strength 5:30p-6:30p Janelle	Pilates/ Yoga* 5:30a-6:30p Denise
			Cardio Blast* 6:30p-7:30p Linette L.			Zumba* 6:30p-7:30p Sara Patry



* class will be moving to the performance center on April 1, 2019

The Yoga / Tai Chi Room is north of the weight room. In April, Free weight benches and weights will be moved into this room to allow more space in the existing Free Weight area.

The Aerobics Floor is located in the fitness center.