

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Spin/HIIT H		6:00am HIIT H				
8:00am Spin M/H	8:30am Cardio X Training M/H	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates M				9:00am Gentle Yoga E	9:00am Zumba E/M	
	10:00am Senior Cardio Strength E/M Starting June 2nd	10:30am Meditation E	10:00am Senior Cardio Strength E/M Starting June 4th	10:30am Qigong Exercise Intro E		
11:10am Senior Stretch E	11:00am Mat Pilates E/M Starting June 2nd	11:00am Yoga (Vinyasa Flow) E/M	11:00am Mat Pilates E/M Starting June 4th			4:00pm Yoga E/M
	12:30pm Tai Chi Beginners		12:30pm Tai Chi Advanced	12:00pm Senior Stretch E	<p>Fitness Center: (904) 829-8584</p> <p>Amenity Center: (904) 810-0520</p> <p>E= Easy M= Medium H= Hard</p> <p>6 /1/2026</p>	
	5:15pm Yogalates M	5:15pm Power Yoga M/H				
6:00pm Pilates Barre M/H	6:30pm Power Pump M/H	6:30pm Zumba E/M				

FITNESS SCHEDULE

