

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	10:30am Meditation E	10:00am Strong All Over E/M	10:30am Qigong Exercise Intro E		
11:10am Senior Stretch E	11:00am Mat Pilates E/M	11:00am Yoga (Vinyasa Flow) E/M	11:00am Mat Pilates E/M			4:00pm Yoga E/M
	12:30pm Tai Chi Beginners		12:30pm Tai Chi Advanced	12:00pm Senior Stretch E	Fitness Center: <u>(904) 829-8584</u> Amenity Center: <u>(904) 810-0520</u> E= Easy M= Medium H= Hard 8 /1/2026	
	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

