



Group Fitness Schedule

Monday

Aqua Aerobics with Nancy | 8:30 am
Tone Your Abs with Aneliya | 9:00 am
Yoga with Allison (Zoom) | 6:00 pm

Tuesday

Bootcamp with Aneliya | 9:00 am
Yoga with Allison (Zoom) | 6:00 pm

Wednesday

Aqua Aerobics with Nancy | 8:30 am
Fitball with Amy (Zoom) | 6:00 pm

Thursday

Bootcamp with Aneliya | 8:30 am
Yoga with Allison (Zoom) | 6:00 pm

Friday

Tone Your Abs with Aneliya | 8:00 am
Aqua Aerobics with Mary | 8:30 am

Saturday

Aerobics with Amy (Zoom) | 8:00 am

Reservations not required | Complimentary for Fitness Social Members & above
Non-Fitness Social Member & guest fee - \$20 per visit (6 visits per year)

Contact your Fitness Manager, Aneliya Petrov for more information
aneliya.petrov@clubcorp.com

Dates and times subject to change. Other restrictions may apply. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. See Club for details.

