

# VILLAGE FITNESS

## GROUP FITNESS SCHEDULE

Effective August 5, 2021

### MONDAY

**8:00AM: \*Small Group Coaching**  
Coach: Jason

9:15AM: Total Body  
Instructor: Jamie

10:30AM: Aqua  
Instructor: Donna

11:30AM: Flow Movement  
Instructor: Keshia

5:30PM: Zumba  
Instructor: Anita

### TUESDAY

9:15AM Silver Shoes  
Instructor: Jamie

5:30PM Zumba Step  
Instructor:  
Anita/Maggie

6:30PM: Combat Conditioning  
Instructor: Tyson

### WEDNESDAY

**8:00AM: \*Small Group Coaching**  
Coach: Tyson

9:15AM: Total Body  
Instructor: Jamie

9:30AM: Aqua  
Instructor: Barbara

10:30AM: Aqua  
Instructor: Barbara

5:30PM: Zumba Toning  
Instructor: Anita/Maggie

### THURSDAY

10:30AM Stretching  
Instructor: Christie

6:30PM: Combat Conditioning  
Instructor: Tyson

### FRIDAY

**8:00AM: \*Small Group Coaching**  
Coach: Jamie

9:30AM Aqua Zumba  
Instructor:  
Anita/Maggie

10:30AM: Aqua  
Instructor: Donna

### SATURDAY

9:30AM: Aqua Zumba  
Instructor: Anita

All Members Must Main 6' (SIX FEET) Social Distancing

**ACTIVE MEMBERSHIP**

**ACTIVE AND FITNESS MEMBERSHIP**

\*\*Open **POOL LAP SWIM** is available outside of scheduled aqua classes