

VILLAGE FITNESS

GROUP FITNESS SCHEDULE

Effective January 5, 2022

MONDAY

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

9:15AM: Total Body
Instructor: Jamie

10:30AM: Aqua
Instructor: Donna

11:30AM: Flow Movement
Instructor: Keshia

5:30PM: Zumba
Instructor: Anita

TUESDAY

5:30PM Zumba Step
Instructor:
Anita/Maggie

6:30PM: Combat Conditioning
Instructor: Tyson

WEDNESDAY

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

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

9:15AM Silver Shoes
Instructor: Jamie

9:30AM Aqua Zumba
Instructor:
Anita/Maggie

10:30AM: Aqua
Instructor: Donna

SATURDAY

9:30AM: Aqua Zumba
Instructor:
Anita/Maggie

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