

VILLAGE FITNESS

GROUP FITNESS SCHEDULE

Effective April 20, 2022

MONDAY

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

9:15AM: Total Body Instructor: Becky

~~**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: Archie

9:15AM: Total Body Instructor: Alexann

~~**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: Archie

9:15AM Silver Shoes Instructor: Anita

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

~~**10:30AM: Aqua Instructor: Donna**~~

SATURDAY

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

Please note:

ALL AQUA CLASSES and pool use is cancelled until the pool reopens. Thank you!

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