

August MODIFIED Fitness Class Schedule for Aug 25-30

Studios Phone: 935-6752

Hrs: M-Sat 8am-noon; 3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified

TF Fit Ctr Phone: 935-6740

Guests may not use discounted package

25th

26th

27th

28th

29th

Classes in TF Ballroom while Studios is closed for maintenance.

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)			No classes today
	Classic Aerobics w/ Helen		Classic Aerobics w/ Helen		No facility available for classes today. Only Aqua Zumba today	
9:00	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Helen	Hydro Challenge w/ Shirleen(Outdoor Pool)		
				Zumba w/ Helen		
10:00	20/20/20 Self Directed- no charge	Chair Yoga w/ Karen	20/20/20 Self Directed- no charge	Chair Yoga w/ Karen		
	Pilates/Barre w/ Kathryn today	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen		
		Yin Yoga w/ Laine		Yin Yoga w/ Laine	Aqua Zumba w/ Helen (Outdoor Pool)	
11:00	Gentle Cardio Strength w/ Kathryn today	Balance Plus w/ Janet	Gentle Cardio Strength w/ Kathryn	Balance Plus w/ Janet		
		Country Fitness w/Cortney				
1:00	1:00 Hydro Challenge w/ Janet (Outdoor Pool)					
2:30		Aqua Zumba w/ Helen (Outdoor Pool)		Aqua Zumba w/ Helen (Outdoor Pool)		
3:00					Thank you for your patience and for supporting our classes during the Studios renovation. Studio classes will be held in the TF Ballroom where possible.	
4:00						

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/