<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>6:00 - 7:00am</td>
<td>Morning HIIT</td>
<td>6:00 - 7:00am</td>
<td>8:00 - 9:00am</td>
<td>6:00 - 7:00am</td>
<td>8:15 - 9:15am</td>
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<td>8:00 - 9:00am</td>
<td>iFit Studio</td>
<td>8:00 - 9:00am</td>
<td>8:00 - 9:00am</td>
<td>Studio B</td>
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<td>8:00 - 9:00am</td>
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<td>Studio A</td>
<td>Studio B</td>
<td>Studio A</td>
<td>8:15 - 9:15am</td>
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<td>9:00 - 10:00am</td>
<td>SRC Pool</td>
<td>9:00 - 10:00am</td>
<td>9:00 - 10:00am</td>
<td>9:00 - 10:00am</td>
<td>Studio A</td>
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<td>9:00 - 10:00am</td>
<td>Zumba</td>
<td>9:00 - 10:00am</td>
<td>9:00 - 10:00am</td>
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<td>Studio B</td>
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<td>Studio A</td>
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<td>9:30 - 10:30am</td>
<td>SRC Pool</td>
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<td>9:30 - 10:00am</td>
<td>Dance Intervals</td>
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<td>10:30 - 10:30am</td>
<td>Dance Intervals</td>
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<td>Studio A</td>
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<td>12:00 - 1:00pm</td>
<td>Yoga Flow</td>
<td>12:00 - 1:00pm</td>
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<td>12:00 - 1:00pm</td>
<td>Studio B</td>
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<tr>
<td>3:00 - 4:00pm</td>
<td>Sports Stretch</td>
<td>3:00 - 4:00pm</td>
<td>3:00 - 4:00pm</td>
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<td>Studio B</td>
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<td>6:00 - 7:00pm</td>
<td>Card Box</td>
<td>6:00 - 7:00pm</td>
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<td>6:00 - 7:00pm</td>
<td>Studio A</td>
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<td>6:30 - 7:30pm</td>
<td>Cycle Studio</td>
<td>6:30 - 7:30pm</td>
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<td>6:30 - 7:30pm</td>
<td>Yoga Flow</td>
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<td>6:00 - 7:00pm</td>
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<td>Studio B</td>
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Hours of Operation: Monday - Friday: 5:00am-8:00pm

SEASON 2020 AEROBICS SCHEDULE

Classes and Instructors Subject to Change

All Classes have Limited Space please arrive early to ensure your space

Direct Line 561-627-4444
Aerobics Class Descriptions

March 1st - March 31st

To The Rhythm with KT
This class fuses hypnotic Latin and international rhythms and easy to follow moves to create a dynamic fit - to - face.

Cardio Boxing
Strap on your gloves and take your aggression out on the bag, you will work hard and sweat it all out.

Body Blast
Work your whole Body and work it hard, through strength, cardio and fun.

Cycle i
Burn an extreme amount of calories in this all encompassing interval class that includes cycling and the functional movements of Pilates.

Cycle Mash
This workout is not for everyone. If you want to work hard and be run through high intensity/ high impact drills for an hour we promise that you will not leave disappointed.

Cycling Express
This is a non stop class that will have you stay up and down off the floor.

Cycle - FLEX
This is a non stop class that will have you stay up and down off the floor.

Fitness Yoga
Using a Ballet Bar and plenty of props to strengthen and stabilize muscles you didn't know you had.

Fitness Yoga - Pilates
Using tradition yoga poses which combine relaxation, flexibility, balance and breathe awareness. Stretch and tone your body while relaxing your mind and energizing your spirit.

Fitness Yoga - Pilates Barre
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