

# Modified Group Fitness Classes

## Summer 2019

updated 5/23/19

Class	Day of Week	Time	Room
<b>Four Seasons I</b> ( <i>Four Seasons Road location</i> ):			
Gentle Yoga	Fri	9-10am	Aerobics Studio
Pilates Mat	Tue	10:30-11:30am	Aerobics Studio
Strong 4 Life	Mon	7:45-8:45am	Aerobics Studio
	Wed	7:45-8:35am	Aerobics Studio
	Fri	7:45-8:45am	Aerobics Studio

### Aquatic / Pool Classes (*Four Seasons Road location*):

Aquabata	Tue	9-9:45am	North Pool
	Sat	8:30-9:15am	North Pool
Aquabata Express	Wednesday	5:45-6:15pm	South Pool
Deep H2O	Tue /Thu	8-8:45am	North Pool
S.E.T. (Strength & Endurance Training)	Monday	5:15-6pm	South Pool
Ultimate H2O	Mon/Wed/Fri	8-8:45am & 9-9:45am	North Pool
Water Bootcamp	Sat	9:15-10am	North Pool
WATERinMOTION	Thu	9-9:45am	North Pool
WATERinMOTION Express	Wednesday	5:15-5:45pm	South Pool

### Four Seasons II (*Airport Road location*):

Barre & Balance	Tue	8:15-9am	Cardio Studio
Chair Yoga	Tue	9:15-10am	Cardio Studio
Fit Together	Mon/Wed	11-11:45am	Multipurpose Rm
Gentle Yoga	Wed	9:30-10:30am	Multipurpose Rm
Modified Cycle	Thu	10:30-11am	Spin Studio
Pilates Mat	Thu	9:30-10:30am	Cardio Studio
PIT Together* (extra fee)	Tue/Thu	12:45-1:45pm	The PIT
Strength & Stretch	Mon	9-9:45am	Strong Studio
	Thu	8:15-9am	Multipurpose Rm
	Sat	10:45-11:45am	Multipurpose Rm
Tai Chi	Sun	9-10am	Cardio Studio
Walk Together	Thu	9-10am	FSII & Tipton Park
Zumba Gold	Mon	10:20-10:50am	Multipurpose Rm
	Wed	10:15-11am	Cardio Studio
	Fri	11-11:45am	Multipurpose Rm

