

Modified Group Fitness Classes

Early Winter 2019

updated 11/22/19

Class	Day of Week	Time	Room
Four Seasons I (Four Seasons Road location):			
Gentle Yoga	Fri	9-10am	Aerobics Studio
Strong 4 Life	Mon/Wed/Fri	7:45-8:45am	Aerobics Studio
	Tue	9-10am	Aerobics Studio
Walk Together	Thu	9-10am	FSI Track

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/Thu	9:15-10am	Cardio/Strong Studio
Fit Together	Mon/Wed	11-11:45am	Multipurpose Rm
Gentle Yoga	Wed	9-10am	Cardio Studio
Modified Cycle	Thu	11-11:35am	Spin Studio
Pilates Mat	Thu	9:30-10:30am	Cardio Studio
	Tue	10:30-11:30am	SLX Studio
	Fri	11am-12pm	Cardio Studio
PIT Together* (extra fee)	Tue/Thu	7:30-8:30am	The PIT
SLX Pilates Equipment (extra fee)	Mon/Fri	10-10:30am	SLX Studio
Strength & Stretch	Mon	9-9:45am	Strong Studio
	Thu	8:15-9am	Multipurpose Rm
Tai Chi	Sun	9-10am	Cardio Studio
Zumba Gold	Mon	10:20-10:50am	Multipurpose Rm
	Wed	10:15-10:55	Multipurpose Rm
	Fri	11-11:45am	Multipurpose Rm

