

Modified Group Fitness Classes

Fall - 2020

Class	Day of Week	Time	Room
Four Seasons I (Four Seasons Rd):			
Strong 4 Life	Mon/Fri	7:45-8:45am	South Court

Pool Classes at Four Seasons I (Four Seasons Road location):

Ultimate H2O	M/T/W/Th/F	8:15-9am	North Pool
	Tues/Wed/Thurs	9:15-10am	North Pool
S.E.T.	Mon	5:15-6pm	South Pool
Aquabata	Wed	5:15-6pm	South Pool

Four Seasons II (Airport Road location):

Chair Yoga	Tue/Thu	9:15-10am	Cardio Studio
Fit Together Chair Class	Mon/Wed/Fri	11:30am-12:15pm	Cardio Studio
Gentle Yoga	Wed	9-10am	Cardio Studio
	Wed	5-6pm	Cardio Studio
Modified Mobility* (extra fee)	Mon	5-6pm	PT Studio
	Fri	4-5pm	PT Studio
PIT Together* (extra fee)	Tue/Thu	9:30-10:15am	The PIT
Pilates Equipment*(extra fee)	Tue/Thu	10-10:30am	PE Studio
	Wed	4-4:30pm	PE Studio
Strength & Stretch	Tue	8-8:45am	Multipurpose Rm
Strong 4 Life	Wed	7:45-8:45am	Multipurpose Rm
Tai Chi	Sun	9-10am	Cardio Studio
WalkTogether (weather permitting)	Tue/Thu	8:30-9:30am	Outdoors
Zumba Gold	Mon/Wed/Fri	10:30-11:15am	Multipurpose Rm

