

Labor Day Group Fitness Line Up!

Monday, September 6, 2021

- Special hours of operation: 7:00 AM - 1:00 PM (pool closes at 12:30 PM)
- All regularly scheduled classes will not be held.
- Don't forget to reserve your classes. Learn more: bodyzonesports.com/groupfitness

STUDIO 1

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:30 - 9:30 AM	BODYPUMP	Michele Sanders
9:45-10:45 AM	BODYCOMBAT	Dan Plummer and Linette Davis

BLUE STUDIO

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:30 - 9:00 AM	SPRINT	Nina Symons
9:30 - 10:00 AM	Row Cross 30	BZ Trainer Ricky Hernandez

POOL

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 9:45 AM	Aqua Strong	Chris Butler

MIND BODY STUDIO

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 10:00 AM	Vinyasa Flow Yoga	Lacey Baxter

BASKETBALL COURT

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
10:00 - 10:50 AM	SilverSneakers Circuit	Jackie Confalone

Class descriptions located here: bodyzonesports.com/groupfitness

