

CLASS RESERVATIONS ARE REQUIRED

Fitness & Wellness Center Class Schedule

MIDFLORIDA Event Center 772-204-7101



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8—8:50 AM Power Circuit 10/7-10/28/2025 Maria	8—8:50 AM Cardio Kickbox Gaby		
9—9:50 AM Functional Training Amy	9—9:50 AM Senior Fit Maria	9—9:50 AM Functional Training Katie	9—9:50 AM Power Circuit Sandy	9—9:50 AM Cardio Kickbox Gaby
10—10:50 AM Zumba Suzy	10—10:50 AM Zumba Suzy	10—10:50 AM Chair Yoga Katie	10—10:50 AM Zumba Suzy	10—10:50 AM Senior Fit Gaby
11—11:50 AM Senior Fit Maria	11—11:50 AM Zumba Toning Reyna	11—11:50 AM Senior Fit Maria	11—11:50 AM Stretch & Strengthen Maria	11—11:50 AM Chair Yoga Gail
	12-1PM Yoga Workshop Ute		12—12:50 PM Senior Fit Maria	
	1:30-2:20PM Brain Fitness (Activity Rm) Ute			
5:30—6:30 PM Yin Yoga Chris	6—6:50 PM Total Body Circuit Kris		6— 6:50 PM Total Body Circuit Kris	
			7— 8PM Yoga Chris	

Vigorous Intensity	Moderate Intensity	Light Intensity	Very Light Intensity
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All classes are held in the multipurpose room unless an alternate location is listed.

Address | 9221 SE Event Center Place, PSL, FL 34952

Hours | Mon-Fri: 6am-8pm | Sat & Sun: 8am-4pm

Updated 9/25/2025

Schedule subject to change without notice