

**CLASS RESERVATIONS ARE REQUIRED**

# Fitness & Wellness Center Class Schedule

## MIDFLORIDA Event Center 772-204-7101



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30—8:50 AM Express: Abs <b>Maria</b>			8:30—8:50 AM Express: Abs <b>Sandy</b>
9—9:50 AM Functional Training <b>Amy</b>	9—9:50 AM Senior Fit <b>Maria</b>	9—9:50 AM Functional Training <b>Katie</b>	9—9:50 AM Power Circuit <b>Sandy</b>	9—9:50 AM Cardio Kickbox <b>Gaby</b>
10—10:50 AM Zumba <b>Suzy</b>	10—10:50 AM Zumba <b>Suzy</b>	10—10:50 AM Chair Yoga <b>Katie</b>	10—10:50 AM Zumba <b>Suzy</b>	10—10:50 AM Senior Fit <b>Gaby</b>
11—11:50 AM Senior Fit <b>Maria</b>	11-11:20 AM Express: Legs (4/7- 4/28/2026) <b>Sandy</b>	11—11:50 AM Senior Fit <b>Maria</b>	11—11:50 AM Stretch & Strengthen <b>Maria</b>	11—11:50 AM Chair Yoga <b>Gail</b>
	12-1PM Yoga Workshop <b>Ute</b>		12—12:50 PM Senior Fit <b>Maria</b>	
	6—6:50 PM Total Body Circuit <b>Kris</b>		6— 6:50 PM Total Body Circuit <b>Kris</b>	
			7— 8PM Yoga <b>Chris</b>	

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 3/27/2026

Schedule subject to change without notice