

**CLASS RESERVATIONS REQUIRED**

**Community Center Fitness Class Schedule**

**772-873-6432**



Monday	Tuesday	Wednesday	Thursday	Friday
8-8:50 AM Senior Fitness (Multi) <b>Gaby</b>	9-9:50 AM Healthy Bones & Joints (Multi) <b>Katie</b>	8-8:50 AM Senior Fitness (Multi) <b>Maria</b>	9-9:50 AM Senior Fitness (Multi) <b>Amy</b>	9-9:50 AM Zumba (Multi) <b>Reyna</b>
9-9:50 AM Senior Fitness (Multi) <b>Maria</b>	10-10:50 AM Cardio Circuit (Multi) <b>Amy</b>	9-9:50 AM Senior Fitness (Multi) <b>Maria</b>	10-10:50 AM Cardio Circuit (Multi) <b>Amy</b>	10-10:50 AM Body Sculpt (Multi) <b>Lara</b>
10-10:50 AM Chair Yoga (Multi) <b>Katie</b>	11-11:50 AM Slow Flow Vinyasa Yoga (Multi) <b>Amy</b>	10-10:50 AM Zumba (Multi) <b>Suzy</b>	11:00-11:50 AM Relaxation Yoga (Multi) <b>Amy</b>	11-11:50 AM Chair Yoga (Multi) <b>Katie</b>
10:30—11:20 AM Slow Flow Vinyasa Yoga (CEOC) <b>Amy</b>	12:15-1:05 PM Feel the Beat: Chair Dance (Multi) <b>Jill</b>		12-12:50 PM Zumba (Multi) <b>Suzy</b>	12-12:50 PM Gentle Yoga (Multi) <b>Katie</b>
11—11:50 AM Chair Yoga (Multi) <b>Katie</b>				
12-12:50 PM Zumba (Multi) <b>Suzy</b>		5—5:50PM Vinyasa Flow Power Yoga (Tot) <b>Chris</b>		
6-7PM Yoga Workshop (Tot) <b>Ute</b>		6—6:50PM Relaxation Yoga (Tot) <b>Chris</b>		

Vigorous Intensity	Moderate Intensity	Light Intensity	Very Light Intensity
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Address | 2195 SE Airoso Blvd, PSL, FL

Hours | Mon-Fri: 5:30am-7:30pm | Sat & Sun: 8am-12pm | No classes Sat & Sun

Updated 3/27/26