

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 Maria			
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 Power-Up Ryan	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	
	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

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 8/3/2026

Schedule subject to change without notice