

CLASS RESERVATIONS REQUIRED

Community Center Fitness Class Schedule

772-873-6432



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

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 8/3/26