

Outdoor Fitness Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
ZUMBA White Top (Hybrid) 9:30 AM	ALL FIT \$ Small Group Training TURF 9:15 AM	Triple Fitness TURF (In-Person only) 9:30 AM	ALL FIT \$ Small Group Training TURF 9:15 AM	Fit Fusion TURF (In-Person only) 9 AM	ALL FIT \$ Small Group Training TURF 9:15 AM	CORE TURF (In-Person only) 9 AM
	ZUMBA White Top Hybrid 9:30 AM	ZUMBA White Top (Hybrid) 4:30 PM	ZUMBA White Top Hybrid 9:30 AM	ZUMBA TURF (Hybrid) 5:30 PM	ZUMBA White Top Hybrid 9:30 AM	ALL FIT \$ Small Group Training TURF 10 AM
	Balance & Strength TURF (In-Person only) 12 PM			ALL FIT \$ Small Group Training TURF 5:15 PM		
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\$ For an additional fee

**All outdoor classes and training may be moved inside depending on weather
 **Small Group Training begins August 23rd. Email Ryan.rgrant@benderjccgw.org for a free week!*

10 MINUTE START TIME POLICY

For your safety and the safety of others, please do not enter a group exercise class while the program is in session. Participants have already warmed up. By joining after the program has begun, you're putting yourself at risk for injury. Classes close 10 minutes after the scheduled start time.