

Must be a Fitness Center member to attend classes or pay a daily fee.

(M)

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(W)

(Th)

(F)

(Sat)

EnhanceFitness®		8:30a-9:20a		8:30a-9:20a		
Cardio Energizer	8:30a-9:15a					
Basic Step Mix			8:30a-9:15a			
Cardio Surprise					8:30a-9:15a	
SilverSneakers® Classic	9:30a-10:20a		9:30a-10:20a		9:30a-10:20a	
SilverSneakers® Yoga	10:30a-11:15a	9:30a-10:15a 10:30a-11:15a	10:30a-11:15a	9:30a-10:15a 10:30a-11:15a	10:30a-11:15a	
Walking at U of F Koehler Center <small>*Check with staff on dates track isn't available</small>		10:00a-11:00a		10:00a-11:00a		
Delay the Disease™ Parkinsons Class	11:30a-12:15p		11:30a-12:15p			
SilverSneakers® Circuit / Cardio Fit	1:30p-2:30p		1:30p-2:30p			
Circuit Boost		5:30p-6:15p		5:30p-6:15p		9:30a-10:15a
Basic Cycling Mix	5:30p-6:15p		5:30p-6:15p			
Yoga Fusion	6:30p-7:15p				11:30p-12:15p	
Boot Camp 45				6:30p-7:15p		
Dance Fit			6:30p-7:15p			
Silver Sneakers® Splash Water Exercise at Birchaven	8:30a-9:30a	11:30a-12:30p	8:30a-9:30a	11:30a-12:30p		
Water Exercise Class at Birchaven	10:00a-11:00a		10:00a-11:00a		10:00a-11:00a	
Gentle Aquatics Class at Birchaven		10:00a-11:00a		10:00a-11:00a		