

# Bay-O-Vista GROUP FITNESS SCHEDULE Feb-March 2019

| Time              | MON                                | TUE                                  | WED                                       | THURS                                    | FRI                                 | SAT                                  | SUN                                     |
|-------------------|------------------------------------|--------------------------------------|---|--|-------------------------------------|--------------------------------------|---|
| 6:00AM            |                                    | Cycle Core<br><b>JEN K</b>           |   | Bootcamp<br><b>CYNTHIA</b>               |                                     |                                      |   |
| 8:00AM            | L.I.F.F.T.<br><b>JANA</b>          |                                      | L.I.F.F.T.<br><b>DALLIS</b>               |  | L.I.F.F.T.<br><b>KAREN</b>          | Power Surge<br><b>VANESSA</b>        | Zen Flow<br><b>LINDSEY G</b>            |
| 9:00AM            | Power Surge<br><b>VAL</b>          | Strength<br><b>JENNIFER K.</b>       | Power Surge<br><b>DALLIS</b>              | R.E.A.C.H.<br><b>DALLIS</b>              | Power Surge<br><b>SALLY</b>         | Strength<br><b>RUBY/<br/>MAE-LIN</b> | Cycle Core<br>1.5 hrs<br><b>CYNTHIA</b> |
| 9:00AM            |                                    |                                      | Walk Fit<br><b>KATHY</b>                  |  |                                     |                                      |   |
| 10:00AM           | R.I.S.E.<br><b>DALLIS</b>          | Yoga<br>Gentle Flow<br><b>DALLIS</b> | Zumba<br><b>KAREN</b>                     | Yoga Gentle<br>Flow<br><b>JEN W.</b>     | R.I.S.E.<br><b>DALLIS</b>           | Tai Chi<br><b>TIM</b>                |   |
| 10:30AM           |                                    |                                      |   |  |                                     |                                      | Roll and<br>Release<br><b>CASSANDRA</b> |
| 11:00AM           |                                    |                                      | R.I.S.E.<br><b>DALLIS</b>                 |  | Soft Shoe<br>Dance<br><b>DALLIS</b> | POP Pilates<br><b>STEPHANIE</b>      |   |
| 12:00PM           | Pilates<br>Fusion<br><b>DALLIS</b> | Roll and Release<br><b>DALLIS</b>    | Pilates<br>Fusion<br><b>DALLIS</b>        | L.I.F.F.T.<br><b>DALLIS</b>              | Pilates Fusion<br><b>LINZEY</b>     |                                      |   |
| 12:00PM<br>(POOL) |                                    | Aqua Fit<br><b>MERLE/ KATHY</b>      |   |  | Aqua Fit<br><b>MERLE</b>            |                                      |   |
| 4:15PM            |                                    |                                      | Kid Fit<br>Ages 7-11<br><i>(OCT-JUNE)</i> | Kid Fit<br>Ages 4-7<br><i>(OCT-JUNE)</i> |                                     |                                      | Yoga<br><b>ASHLEY</b>                   |
| 5:00PM<br>(POOL)  | Aqua Fit<br><b>SALLY</b>           |                                      | Aqua Fit<br><b>MERLE</b>                  | Aqua Fit<br><b>KATHY</b>                 |                                     |                                      |   |
| 5:15PM            | Yoga<br><b>JEN W</b>               | Pilates<br>Fusion<br><b>KAREN</b>    | Barre Fusion<br><b>KAREN</b>              | POP Pilates<br><b>STEPHANIE</b>          | Yoga<br><b>MEGAN</b>                |                                      |   |
| 6:15PM            | Strength<br><b>TERESA</b>          | Cycle Core<br><b>CYNTHIA</b>         | Strength<br><b>KAREN</b>                  | SELF CYCLE<br><b>STAFF</b>               |                                     |                                      |   |
| 7:15PM            | Yoga<br><b>CAREY</b>               | Zumba®<br><b>JANA</b>                | Yoga<br><b>JUSTIN</b>                     | Zumba<br><b>MARIA</b>                    |                                     |                                      |   |

## CHILDCARE SCHEDULE

Make your visit faster and easier with a Babysitting Card. Ask the front office about it.

|    | MON         | TUE         | WED         | THU         | FRI         | SAT               | SUN               |
|----|-------------|-------------|-------------|-------------|-------------|-------------------|-------------------|
| AM | 8am -1:00pm | 8am -1:00pm | 8am -1:00pm | 8am -1:00pm | 8am -1:00pm | 7:45 -<br>12:00pm | 7:45 -<br>12:00pm |
| PM | 3:30-8:30pm | 3:30-8:30pm | 3:30-8:30pm | 3:30-8:30pm | Closed      | Closed            | Closed            |