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

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

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 - 12:00pm	7:45 - 12:00pm
PM	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	Closed	Closed	Closed