

Bay-O-Vista GROUP FITNESS SCHEDULE December/January 2019

| Time | MON | TUE | WED | THURS | FRI | SAT | SUN |
|-------------------|------------------------------------|--------------------------------------|---|--|-------------------------------------|--------------------------------------|--|
| 6:00AM | | Cycle Core JEN K/TBA | | 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 MIMI/ 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 LINZEY W/TBA |
| 11:00AM | | | R.I.S.E. DALLIS | | Soft Shoe Dance DALLIS | POP Pilates MIMI | |
| 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 <i>(OCT-JUNE)</i> | Kid Fit Ages 4-7 <i>(OCT-JUNE)</i> | | | 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 | Cycle Core SIMONE/TBA | | | |
| 7:15PM | Yoga CAREY/TBA | 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 |