

Bay-O-Vista GROUP FITNESS SCHEDULE September-October 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 TERESA	Strength JENNIFER K.	Power Surge DALLIS	R.E.A.C.H. DALLIS	Power Surge SALLY	Strength RUBY/ STEPHANIE	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 MEGAN
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 <i>(OCT-JUNE)</i>	Kid Fit Ages 4-7 <i>(OCT-JUNE)</i>			Family Yoga GRETCHEN
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	SELFIE-FIT STAFF			
7:15PM	Yoga CAREY	Zumba® JANA	Yoga JUSTIN	Zumba KAREN			

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