

2025 SPRING FIT & F45 Schedule

January 13 - May 9, 2025

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
FIT	F45	FIT CLASSES		F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT CLASSES	FIT	F45
				F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio
				F45 7:00-7:45 am F45 Studio	Gentle Yoga 7:00-7:45 am Pool		F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio
		Yoga @ Museum 8:30-9:25 am Sam Noble Museum		F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio
				F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio
				F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio
				F45 12:05-12:50 pm F45 Studio	POUND®💡 Noon-12:45 pm FIT Studio		F45 12:05-12:50 pm F45 Studio			F45 12:05-12:50 pm F45 Studio			F45 12:05-12:50 pm F45 Studio
			Strength 12:15-1:00 pm FIT Studio				Strength 12:15-1:00 pm FIT Studio						
	F45 3:00-3:45 pm F45 Studio						F45 2:00-2:45 pm F45 Studio						F45 2:00-2:45 pm F45 Studio
Pilates💡 4-4:45 pm FIT Studio	F45 4:00-4:45 pm F45 Studio	Kickboxing 101 4:45-5:15 pm FIT Studio			Fitness Yoga 4:30-5:20 pm FIT Studio💡		Kickboxing 101 4:45-5:15 pm FIT Studio			Restorative Yoga 4:30-5:20 pm FIT Studio💡			
		Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Zumba®💡 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio			F45 5:30-6:15 pm F45 Studio
		Dance Fitness 6:30-7:15 pm FIT Studio💡		F45 6:30-7:15 pm F45 Studio	Pilates💡 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio	Zumba®💡 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio			F45 6:30-7:15 pm F45 Studio

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💡 - Class uses lighting choreographed to the music to enhance the experience. May not be suited for individuals with light sensitivity or seizure disorder.

Aqua Zumba will end for the season on September 15, when the outdoor pool closes.

Please note: FIT and F45 schedules are subject to change.