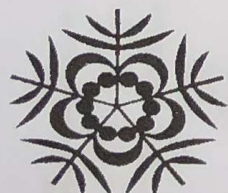


Group Fitness Classes

Aug. 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	IT-cardio/core 5:45- 50min		TBC 5:45 -50min			
	*Master Swim 7:30 – 60min		*Master Swim 7:30 – 60min		*Master Swim 7:30 – 60min	
						Tai Chi 8:00 – 50min
	Zumba® 9:30 - 50min	IT-cardio/core 9:15 -50min	Zumba® 9:30 - 50 min	TBC 9:15 – 50 min	Zumba® 9:30 - 50 min	TBC 9:00 – 50 min
Yoga 10:00 – 50min		Bodyshred® 10:15 -45 min		Bodyshred® 10:15 -45 min		
		Aqua Aerobics 9:30 – 50min	Aqua Aerobics 9:30 – 50min	Aqua Aerobics 9:30 – 50min	Aqua Aerobics 9:30 – 50min	Aqua Aerobics 9:30 – 50min
	Mat Pilates 10:45 45min	Tai Chi 11:00 – 50min		Tai Chi 11:00 – 50min	Mat Pilates 10:45 -50 min	Yogalates 10:00 -50min
	Stretch n Flex 11:30 50min	Yoga 12:00 – 50min	Stretch n Flex 11:30 50min	Yoga 12:00 – 50min	Stretch n Flex 11:30 50min	
Evening Classes						
			Pilates 5:30- 50min			
	Yoga 6:30 -50min		Yoga 6:30 -50min	U-Jam™ 6:00- 50min		

*for an additional fee
Classes subject to change at any time.



CHAMISAL
TENNIS & FITNESS CLUB