

WINTER FITNESS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--|---|---|--|--|--|
| — morning — | FIT FOR LIFE 8:00-9:00am | ACES 8:15-9:15 am | FIT FOR LIFE 8:00-9:00am | ACES 8:15-9:15 am | FIT FOR LIFE 8:00-9:00am | CYCLE & STRENGTH 7:45-8:25am |
| | YOGA 9:15-10:15am | STRETCH & FLEX 11:00-11:45am | MOVE, LIFT, STRETCH 11:00-11:40am | PUMPED UP STRENGTH 10:35-11:20am | TOTAL BODY CONDITIONING 9:30-10:15am | STEP INTERVAL 8:00-9:00am |
| — evening — | YOGA FUNDAMENTALS 5:30-6:30pm | STEP-STRENGTH-YOGA 4:30-5:30pm | BARREFUSION 5:05-5:50pm | YOGA 4:15-5:15pm | | YOGA/PILATES 8:30-9:10am |
| | STRETCH & FLEX 5:30-6:15pm | | | INDOOR CYCLING 5:30-6:15pm | | POUND 9:00-9:45am |
| | CROSS- HIIT 6:00-6:45pm | ZUMBA 6:30-7:15pm | TONE & SCULPT 6:00-6:40pm | YOGA FOR BONES & BALANCE 5:30-6:30pm | | BARRE 9:10-10:10am |
| | CARDIO BEATS 6:30-7:15pm | CANDLELIGHT YOGA 7:00-8:00pm | YOGA/PILATES 6:45-7:25pm | PELVIC FLOOR, CORE & MORE 6:00-7:00pm | | |
| | YOGA 6:45-7:45pm | FUNCTIONAL PLUS SIZE YOGA 7:30-8:30pm | JUMP START 7:05-7:50pm | WALKING INTERVALS 7:00-7:45pm | | |
| | YOGA 6:50-7:20pm | | | POUND 7:00-7:45pm | | |
| | DANCE FIT 7:30-8:15pm | FITNESS CLASS LOCATIONS <ul style="list-style-type: none"> ■ Civic Center 5 Ashlawn Ave, Montgomery ■ South Point 810 Preston Ln, Oswego ■ Little White School Museum 72 Polk Street, Oswego ■ Boulder Point 0 Boulder Hill Pass, Montgomery | | | | |
| | PILATES 7:25-7:55pm | | | | | |
| | CANDLELIGHT YOGA 8:00-9:00pm | | | | | |
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| | | | | Session I - Jan 2 - Feb 15 Session II - Feb 17 - Mar 29 | | |