

Group Fitness Studio Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tai Chi II 7:15 – 8 am 24-forms	Tai Chi II 7 am 40-forms	Tai Chi II 7:15 – 8 am 24-forms	Tai Chi II 7 am 40-forms	Tai Chi II 7:15 – 8 am 24-forms	
Instructors Choice 8:15 – 8:55 am	ZUMBA gold 8 am	Stretch & Flex 8:15 – 8:55 am	ZUMBA gold 8 am	Instructors Choice 8:15 – 8:55 am	ZUMBA 8 am
ZUMBA 9 am	ZUMBA toning 9 am	ZUMBA 9 am	ZUMBA toning 9 am	ZUMBA 9 am	ZUMBA toning 9 am
Iron Works 10 am	Core & More 10 am	Iron Works 10 am	Core & More Express 10:15 – 10:45 am	Iron Works 10 am	Yoga Flow 10 am
Tai Chi Long Form 11 am	Yoga Flow 11 am	Barre Fusion 11 am	Harmony Yoga 11 am	Harmony Yoga 11 am	Spotlight Class 11 am
Yin/Gentle Yoga 12:00 – 1:30 pm	Tai Chi I 12 pm	Yin/Gentle Yoga 12:00 – 1:30 pm	Tai Chi I 12 pm		Tai Chi I 12 pm
	Tai Chi Fundamentals/ Balance 1 – 1:30 pm		Tai Chi Fundamentals/ Balance 1 – 1:30 pm		Tai Chi Fundamentals/ Balance 1 – 1:30 pm
Tabata® HIIT Interval training 4:30 pm	Step Interval Training 4:30 pm	Tabata® HIIT Interval training 4:30 pm	Step Interval Training 4:30 pm		
ZUMBA 5:30 pm	Modern Belly Dance 5:30 pm	ZUMBA 5:30 pm	ZUMBA toning 5:30 pm	The Dance Club 5:30 pm	
	ZUMBA 6:30 pm	Yoga Flow 6:30 pm		<div style="border: 2px solid black; padding: 5px;"> <p style="text-align: center;">Room Reserved</p> <p>Join The Dance Club and learn dance routines to perform in the community. For more information contact Tia Amaya at 321-567-2201.</p> </div>	
<div style="border: 2px solid black; padding: 5px;"> <p style="text-align: center;">All classes are 55 minutes unless otherwise noted.</p> </div>			In the Conference Room		
Sit Down & Get Moving 11 am	Sit Down & Get Moving 10:00 am	Cardio Chair Dance 11 am	Sit Down & Get Moving 10:00 am & 11:00 am Express	<div style="border: 2px solid black; padding: 5px;"> <p style="text-align: center;">All classes in the Conference Room are 45 minutes.</p> </div>	
	Chair Yoga 7 am & 9 am		Chair Yoga 7 am & 9 am		
Class schedules are subject to change. For an update speak to our Health & Fitness reception staff. Before engaging in any Group Fitness program please consult with your physician.			Call 321-567-2201 or go to parrishhealthandfitness.com for more information.		