

# Group Fitness Class Schedule

\*This is a sample March schedule for group fitness classes at PebbleCreek. Classes and schedule are subject to change without notification at any time.



	MON	TUES	WED	THURS	FRI	SAT
8:00 AM	Hydro Challenge Classic Aerobics Strictly Strength Tai Chi Essentials	Butts & Guts Beginner Yoga Spin Bikes Available	Hydro Challenge Classic Aerobics Strictly Strength Tai Chi-Stillness in Motion	Butts & Guts Beginner Yoga Spin Bikes Available	Classic Aerobics Strictly Strength Tai Chi Essentials	Beginner Yoga
9:00 AM	Hydro Challenge Strength & Conditioning Zumba	Hydro Challenge Yin Yoga	Hydro Challenge Strength & Conditioning Zumba	Hydro Challenge Zumba Yin Yoga	Aqua Zumba Strength & Conditioning Zumba	Vin Yin Yoga
10:00 AM	Kettlebell Ageless Movement	Core Balance Chair Yoga	Kettlebell	Core Balance	Kettlebell Kickboxing	Zumba
11:00 AM	Gentle Cardio Strength Parkinson Pedal	Country Fusion Muscles in Motion	Gentle Cardio Strength Parkinson Pedal	Muscles in Motion	Gentle Cardio Strength Parkinson Pedal	
3:00 PM	Root Yoga Ageless Movement Spin Bikes Available		Surrender Yoga Ageless Movement Spin Bikes Available			
4:00 PM	Spin Bikes Available		Beginner Zumba Spin Bikes Available			