

Group Fitness Class Schedule

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



	MON	TUES	WED	THURS	FRI	SAT
7:00 AM		HIIT-Fit		HIIT-Fit		
8:00 AM	Gentle Yoga	Karate Level 2	Full Body Barre	Karate Level 2	Gentle Yoga	Karate Level 1
9:00 AM	Low Impact Tabata	Zumba	Low Impact Tabata	Zumba	Zumba	
10:00 AM	Pilates Fit		Mat Pilates		Mat Pilates	Pound Fit
11:00 AM	Yoga	Classic Fitness	Yoga	Classic Fitness		
12:00 PM		Silver Sneakers		Silver Sneakers		
2:00 PM					Karate Level 2	
3:00 PM	Fusion Fit	Senior Balance	Fusion Fit	Senior Balance		
4:00 PM	Karate Level 1			Karate Level 1		
6:00 PM			Social Dance Instruction	Social Dance Instruction		