



FIT PLUS SCHEDULE

WEEK OF FEB 26TH



SCAN ME

MONDAY

Pilates Stream
(Gym 118B)
12:10 to 1:00

Power Hour
(Gym 148)
12:10 to 1:00

Hit and Stretch
(Gym 147)
12:10 to 1:00

Open Gym 12:00 - 1:30 (Gym 148)

TUESDAY

Yoga
(Gym 118B)
12:10 to 1:00

Circuit Training
(Gym 148)
12:10 to 1:00

Open Swim
(Gym Pool)
12:30 - 1:30

Boot Camp (\$\$\$)
(6pm - zoom)

WEDNESDAY

Pilates Stream
(Gym 118B)
12:10 to 1:00

Lets Play!
(Gym 147)
12:10 - 1:00

Open Swim
(Gym Pool)
12:00 - 1:00

Water Resistance
(Gym Pool)
12:10 - 1:00

THURSDAY

Yoga
(Gym 118B)
- 12:10 to 1:00

Express Circuit
(Gym 148)
12:00 to 12:30

Open Swim
(Gym Pool)
12:30 - 1:30

Boot Camp (\$\$\$)
(6pm - zoom)

FRIDAY

TRX Suspension
Training
(Gym 148)
- 12:10 to 1:00

Open Gym
12:00 - 1:30
(Gym 148)

Open Swim
(Gym Pool)
12:00 - 1:00

Water Resistance
(Gym Pool)
12:00 - 1:00