FIT PLUS
SUMMER JUNE - AUGUST 2023

**Monday**
- 12:00 pm - Circuit Training
  Gym 148
- 12:10 pm - Pilates
  Gym 148 + Zoom
- 12:15 pm - Core & Flexibility
  Gym 148
- Open Gym
  12:30 pm

**Tuesday**
- 11:30 am - 12:30 pm
  Open Swim
*Begin's June 20th
- 12:00 pm - Power Hour
  Gym 148
- 12:10 pm - Yoga
  BH 6
- 6:00 pm BootCamp
  Zoom ($)
- Open Gym
  12:30 pm

**Wednesday**
- 12:00 pm - Circuit Training
  Gym 148
- 12:10 pm - Pilates
  Gym 148 + Zoom
- 12:45 pm - Core & Flexibility
  Gym 148
- Open Gym
  12:30 pm

**Thursday**
- 11:30 am - 12:30 pm
  Open Swim
*Begin's June 22nd
- 12:00 pm - Boxing Conditioning
  Gym 148
- 12:10 pm - Yoga
  BH 6
- 6:00 on Boot Camp
  Zoom ($)
- Open Gym
  12:30 pm

**Friday**
- 12:00 pm Circuit Training
  Gym 148
- 12:15 pm Core & Flexibility
  Gym 148
- 6:00 pm on Boot Camp
  Zoom ($)
- Open Gym
  12:30 pm

Register:
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