



# **MLK DAY FITNESS SCHEDULE**

- **BodyPump - 9:15am - Group Ex.**
- **BodyCombat - 9:15am - Fitness Studio**
- **Water Aerobics - 9:30am - Pool**
- **Zumba - 10am - Basketball Courts**
- **BodyBalance - 10:10am - Group Ex.**
- **HIITZ - 10:15am - Cycle Studio**
- **Silver Sneakers - 11:30am - Basketball Courts**