

ConCorde Club Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Aqua Fit w/Pat*		Aqua Fit w/Pat*	Aqua Fit w/Pat*		
9:15 AM					Low Impact Land w/lzzy*	
9:30am						Zumba w/Christie
10:15 AM					Aqua Fit w/lzzy*	
10:30 AM		Aqua Fit w/lzzy*				
5:30 PM		Kettlebell Fusion w/Mary	Boot Camp w/lzzy*			
6:00 PM	Yoga w/Tobi Aqua Fit w/lzzy*	Aqua Fit w/Pat*	Aqua Fit w/lzzy*	Zumba Gold w/Mary Aqua Fit w/Pat*		
6:15 PM						
6:30 PM				Booty Ballet w/Joan		
7:15 PM		Zumba w/Christie				
7:30pm	Zumba Gold w/Mary					
7:45 PM				Advanced Ballet w/Joan		

*Denotes classes included in Club Membership
All premium classes are available for a fee