

WEEKLY GROUP FITNESS



PROTECT OUR SEA TURTLES!

Local ordinances forbid lights that can be seen from the beach at night.

Fill in holes and trenches on the beach.

Stay away from sea turtle nests.

Don't pick up hatchlings!

Report any sightings of injured or dead sea turtles.



MONDAY

8A Suspension
8:30A Move-it
9:15A Outdoor Yoga
10:30A Strength & Stability
2P Active Seniors Yoga

TUESDAY

8:30A RXFit
8:30A Core & More
9:45A YIN Yoga
1P Senior Mobility & Functionality
2P Over 60 Training

WEDNESDAY

8A Suspension
8A Tabata Battle
9A Reaction Time Training & Fall Prevention
9:15A Outdoor Yoga
9:30A Zumba
10:30A Strength & Stability
12P Drums Alive
2P Yoga for Healthy Aging
6P Yin Yoga

THURSDAY

8:30A RXFit
8:30A Pilates Fusion
9:45A Line Dancing INTER
10:45A Line Dancing BEG
1PM Senior Mobility & Functionality
2P Over 60 Training

FRIDAY

8A Suspension
8:30A Strength
9:15A Outdoor Yoga
9:30A Stability & Strength
10:30A Bone Strengthening through Movement

SATURDAY

8:30A RXFit Club (2 Saturdays per month)
10A Preteen Yoga