

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