

Walton Family Whole Health & Fitness

Group Fitness Schedule: September 2 - September 28

■ Aquatics | ■ Mind Body | ■ Dance | ■ Spin | ■ Strength | ■ Total Fitness | * Premium

Early Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1		
	* 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4		
	Barre Fusion 5:15-6:00 AM Studio: 6	TRX 6:15-7:00 AM Studio: 4		TRX 6:15-7:00 AM Studio: 4	Barre Fusion 5:15-6:00 AM Studio: 6		
	Spin Lab 6:15-7:00 AM Studio: 3	* Heated Yoga 6:15-7:15 AM Studio: 5	Spin Lab 6:15-7:00 AM Studio: 3	* Heated Yoga 6:15-7:15 AM Studio: 5	Spin Lab 6:15-7:00 AM Studio: 3		
	* Heated Yoga 6:15-7:15 AM Studio: 5	Mat Pilates 6:15-7:00 AM Studio: 6	* Heated Yoga 6:15-7:15 AM Studio: 5	Mat Pilates 6:15-7:00 AM Studio: 6	* Heated Pilates Sculpt 6:15-7:15 AM Studio: 5		
	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* Heated Yoga 7:30-8:30 AM Studio: 5	
Mid-Morning	Qi Gong 8:30-9:15 AM Studio: 5	Barre Fusion 8:30-9:15 AM Studio: 6	Qi Gong 8:30-9:15 AM Studio: 5	Yoga 7:15-8:00 AM Studio: 6	StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	Barre Fusion 8:15-9:00 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6
	Deep Water 8:15-9:00 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Deep Water 8:15-9:00 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Aqua Barre 8:15-9:00 AM Recreation Pool		* Heated Yoga 9:00-10:00 AM Studio: 5
	Mat Pilates 8:30-9:15 AM Studio: 6		Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:30-9:15 AM Studio: 6	Mat Pilates 8:30-9:15 AM Studio: 6		
	StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	High Fitness 8:30-9:15 AM Studio: 3		High Fitness 8:30-9:15 AM Studio: 3	Zumba 8:30-9:15 AM Studio: 3		
	Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1	* FIT ZONE 9:00-10:00 AM The Zone	
	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2		* Heated Yoga 9:00-10:00 AM Studio: 5	
			Aqua Barre 9:15-10:00 AM Recreation Pool	TRX Yoga 9:00-9:45 AM Studio: 4	Aqua Pulse 9:15-10:00 AM Recreation Pool	Spin Lab 9:15-10:00 AM Studio: 3	
	* FIT ZONE 9:30-10:30 AM The Zone	LIFT 9:30-10:15 AM Studio: 2	* FIT ZONE 9:30-10:30 AM The Zone	LIFT 9:30-10:15 AM Studio: 2	* FIT ZONE 9:30-10:30 AM The Zone	Bootcamp 10:15-11:00 AM Studio: 1	
		* Heated Yoga 9:30-10:30 AM Studio: 5			Stretch & Tone 9:30-10:15 AM Studio: 6	Zumba Step 10:15-11:00 AM Studio: 3	
	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1	Restorative Yoga 10:30-11:15 AM Studio: 5	
	Gentle Flow 10:15-11:00 AM Studio: 5		Gentle Flow 10:15-11:00 AM Studio: 5	* Yoga for Alignment 10:15-11:15 AM Studio: 6	Gentle Flow 10:15-11:00 AM Studio: 5	* FAMILY FIT ZONE 10:30-11:30 AM The Zone	

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■ Aquatics | ■ Mind Body | ■ Dance | ■ Spin | ■ Strength | ■ Total Fitness | * Premium

Lunch & Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		* 12 Rounds 11:00-12:00 PM Studio: 4		* 12 Rounds 11:00-12:00 PM Studio: 4			* FAMILY 12 Rounds 12:00-1:00 PM Studio 4
	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	Athletic Mobility 11:00-11:45 AM Studio: 6	* FAMILY FIT ZONE 1:15-2:15 PM The Zone
	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1	Pedal Camp 11:30-12:00 PM Studio: 3	
	Essentrics 11:15-12:00 PM Studio: 6		Essentrics 11:15-12:00 PM Studio: 6	Gentle Flow 11:15-12:00 PM Studio: 5	Restorative Yoga 11:15-12:00 PM Studio: 5	* 12 Rounds 11:30-12:30 PM Studio: 4	Body Blast 2:00-2:45 PM Studio: 1
	* Sound Bath 11:15-12:15 PM Studio: 5	Aqua Fit 4 Mamas 11:15-12:00 PM Recreation Pool	* Sound Bath 11:15-12:15 PM Studio: 5	Aqua Ballet 11:15-12:00 PM Recreation Pool	Aqua Hip Hop Fusion 11:15-12:00 PM Recreation Pool	* 12 Rounds 12:45-1:45 PM Studio: 4	
	Bootcamp Express 12:15-12:45 PM Studio: 1	Rhythm Ride 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1	Rhythm Ride 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1		Gentle Flow 2:15-3:00 PM Studio: 5
Evening		Stretch 4:15-5:00 PM Studio: 6	Midday Mobility 3:30-4:15 PM Studio: 5	Stretch 4:15-5:00 PM Studio: 6			* Heated Yoga 3:30-4:30 PM Studio: 5
		* Yoga for Pregnancy 5:00-6:00 PM Studio: 5	Mat Pilates 4:15-5:00 PM Studio: 6	Yoga 5:15-6:00 PM Studio: 5			* Sound Bath 5:00-6:00 PM Studio: 5
	TRX 5:00-5:45 PM Studio: 4		TRX 5:00-5:45 PM Studio: 4				
			Restore & Meditate 5:15-6:00 PM Studio: 5				
	Gentle Flow 5:15-6:00 PM Studio: 5	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6			
	Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Fitness Dance 5:15-6:00 PM Studio: 3			
		LIFT 5:15-6:00 PM Studio: 2	Surge Fit 5:15-6:00 PM Studio: 1	LIFT 5:15-6:00 PM Studio: 2			
	Hydro Tone 5:30-6:15 PM Recreation Pool		Hydro Tone 5:30-6:15 PM Recreation Pool	Aqua HIIT 5:45-6:30 PM Recreation Pool			
	* 12 Rounds 6:00-7:00 PM Studio: 4		* 12 Rounds 6:00-7:00 PM Studio: 4	* 12 Rounds 6:00-7:00 PM Studio: 4	* 12 Rounds 5:00-6:00 PM Studio: 4		
	Breath & Stress Reset 6:00-6:45 PM Studio: 6	Gentle Flow 6:15-7:00 PM Studio: 5	* Heated Yoga 6:15-7:15 PM Studio: 5	Gentle Flow 6:15-7:00 PM Studio: 5	Yoga 6:00-6:45 PM Studio: 5		
	* FIT ZONE 6:15-7:15 PM The Zone	Essentrics 6:15-7:00 PM Studio: 6	* FIT ZONE 6:15-7:15 PM The Zone	* FIT ZONE 6:15-7:15 PM The Zone			
	Rhythm Ride 6:15-7:00 PM Studio: 3	* FIT ZONE 6:15-7:15 PM The Zone	Rhythm Ride 6:15-7:00 PM Studio: 3				
	Body Blast 6:30-7:15 PM Studio: 1	Club Fitness 6:15-7:00 PM Studio: 3	Body Blast 6:30-7:15 PM Studio: 1	Club Fitness 6:15-7:00 PM Studio: 3			
	* Heated Yoga 6:30-7:30 PM Studio: 5	Bootcamp 6:30-7:15 PM Studio: 1		Bootcamp 6:30-7:15 PM Studio: 1			
	Tai Chi 7:00-7:45 PM Studio: 6				Warrior Flow 6:00-6:45 PM Studio: 6		
	Zumba 7:15-8:00 PM Studio: 3	Fitness Dance 7:15-8:00 PM Studio: 3	Zumba 7:15-8:00 PM Studio: 3		Tai Chi 7:00-7:45 PM Studio: 6		
	Warrior Flow 8:00-8:45 PM Studio: 6		Breath & Stress Reset 7:30-8:15 PM Studio: 5				