



Group Fitness Schedule 2019



800 South Park Lane
641-828-0580
www.knoxvilleia.gov

	Monday	Tuesday	Wednesday	Thursday No Classes 4th	Friday No Classes 5th	Saturday No Classes 6th
5:10-5:30am		Aqua Fury			Aqua Fury	
5:10-5:55am	Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind		7:15-8:15am
6:00-6:45am	Power Pump		Power Step	Tone It Up (6:00-6:30am)	Butts & Guts	Cycle Mix up
7:30-8:00am	Silver Splash®	Aqua Rhythm	Aqua Light & Lively	Aqua Revive	H2O Stroll	8:30-9:30am
8:05-8:35am	Deep Flow	Wellness Waves	Deep Voyage	Aqua Restore	Deep Strength	Aqua Explode
8:15-9:00am		PIYo® AM		Ampd Powerflow®	Yoga Flex	
10:00-10:45am	Silver Sneakers Circuit®	Boom Move®	Boom Muscle®	Boom Mind®	Silver Sneakers Classic®	
5:30-6:15pm	Step It Up!	Zumba® No Class July 2nd	Rhythm Ride	PIYo® PM		
6:20-7:00pm	Aqua Zumba®	Deep Dynamite No Class July 2nd	Wwow+Deep Jog	Aqua Blast		

KID Friendly Classes! 1st grade & up welcome in ALL classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.

Gym Schedule
Classes listed in black will have 1/2 gym available. Times opposite of what is listed in black will be full open gym. Please see front desk for questions! Thanks!

Tuesday, July 2nd
Gym Closed for Home Swim Meet.



Center Hours:
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 1pm-5pm
Closed Thursday, July 4th