

JUNE

Group Fitness Schedule 2018

Center Hours:
 Mon-Fri 5am-9pm
 Sat 7am-7pm
 Sun 1pm-5pm
800 South Park Lane
641-828-0580
www.knoxvilleia.gov



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20-6:00am	Stretch	Cycle Summer Sprints	Intervelocity	Cycle Rise & Shine	Complete Core	7:15-8:15am Cycle Saturday
7:30-8:00am	Water Classes	Silver Splash®	Aqua Rhythm	Blazing Bouys	Aqua Yoga	W-Wow
8:05-8:35am		Deep Fitness Flow	W-Wow Core Connection	Deep Travel	Aqua Summer S'wet	Deep Butts & Guts
8:15-9:00am		Ampd Powerflow®		Intervelocity	Cycle 101	10:30-11:15am Aqua Zumba® NO Aqua Zumba Saturday June 2nd & 16th
10:00-10:45am	Silver Sneaker Circuit®	Boom Move®	Silver Sneaker Classic®	Boom Mind®	Variety Friday	
5:30-6:15pm	PIYo Live®	Turbo Kick® NO CLASS June 12th	Urban Funk Cycle	Zumba®	Cycle Essence	
6:20-7:00pm	Water Classes	Aqua Zumba®	Aqua Complete Core	Aqua Strong	Aqua Boot Camp	
			NO CLASS June 12th			

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.