

Class Schedule



March
2023

A class for every **AGE. BODY. GOAL. INTEREST. FITNESS LEVEL.**

MON

11:00AM – Silver Sneakers
6th, 13th, 20th, 27th

6:30pm – Flow Yoga
6th, 13th, 20th, 27th

7:30pm - Pound
6th, 13th, 20th

TUE

10:00am – Silver Sneakers Cardio Blast
7th, 14th, 21st, 28th

11:00am – Silver Sneakers Yoga
7th, 14th, 21st, 28th

6:30pm—Xtreme HipHop
7th, 21st

6:30pm-Zumba
14th, 28th

WED

6:30pm – Pound
1st, 8th, 15th, 22nd, 29th

7:30pm – Sunset Yoga
1st, 8th, 15th, 22nd, 29th

THU

11:00am – Silver Sneakers
2nd, 9th, 16th, 23rd, 30th

6:30pm –Spin
2nd, 9th, 16th, 23rd, 30th

7:30pm – Barre
2nd, 9th, 16th, 23rd, 30th

FRI

SAT

8:30am – HIIT
11th, 25th

9:15am -- Pound
11th, 25th

10:00am – Body Sculpt
11th, 25th

10:00am-Zumba
18th

VIEW CLASS DESCRIPTIONS, MEET THE INSTRUCTORS AND MUCH MORE AT:

24sevenfitnessclub.com



24/7 Fitness Club
Our Community
Our Club