

# Group Exercise Class Schedule

Group classes are fun and motivating! See class descriptions on the back of this schedule. Our instructors will energize and lead you through invigorating cardio classes, relaxing yoga and much more! Let Atlantis Sports Club be the best part of your day!

Club Hours: Sat/Sun 7:30 to 8, Mon – Fri 5:30 – 9:30  
 Pool Hours: Sun 7:30am – 8pm, Mon – Fri 5:30 -9:30 Sat 7:30 am -9:30 pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 AM</b>	<i>Cardio Sculpt</i> Barbara P.	<i>Pilates Mat</i> Deb H.	<i>Cardio Circuit</i> Keith P.	<i>Yoga</i> Deb H.	<i>Tabata</i> Keith P.		
<b>8:00 AM</b>						<i>Tai Chi Chih</i> Bruce C	
<b>9:15 AM</b>						<i>Spin</i> Cindy	
<b>10:00 AM</b>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>		
<b>4:30 PM</b>	<i>Spin</i> Cindy	<i>Spin</i> Starting 6/18 Cindy	<i>Tabata</i> Keith P.	<i>Fitness Fusion</i> Chris.		<i>Zumba</i> Rick G.	
<b>5:30 PM</b>	<i>Zumba</i> Rick G	<i>Yoga</i> Deb H.	<i>Yoga</i> Paul H.		<i>Yoga</i> Paul H.		