



FITNESS CLASSES

JULY 2021 - SCHEDULE



Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM C.L.R. w/ Greg (Cycle, Lift, Run)	5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM C.L.R. w/ Greg (Cycle, Lift, Run)	5:45 AM HIIT w/Robin (30 Minutes)	7:15 AM GO Fit Boot Camp w/ Greg (T-Zone)
10:00 AM Cycling w/ John (Party Room/Patio)	11:00 AM Chair Yoga w/ Gopi (Upstairs)	9:00 AM Total Tabata w/ Peggy (Upstairs)	11:00 AM Chair Yoga w/ Gopi (Upstairs)	*10:00 AM* Cycling w/ John (Party Room/Patio)	9:00 AM Triple Threat w/ Peggy (Court #2)
6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)	6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)	6:00 PM Zumba w/ Stephanie (Upstairs)	6:00 PM Step Interval w/ Peggy (Court #2)		
6:00 PM Zumba w/ Stephanie (Upstairs)			6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)		

Silver Sneakers

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM SS Circuit w/ Dionne (Wrestling Room)	9:00 AM SS Classic w/ Dionne (Wrestling Room)	10:15 AM Boom Muscle w/ Tim (Wrestling Room)	9:00 AM SS Circuit w/ Dionne (Wrestling Room)	8:45 AM SS Circuit w/ Dionne (Wrestling Room)
		10:45 AM Boom Mind w/ Tim (Wrestling Room)		

TFC Hours
Monday - Thursday: 5:30 AM - 9:00 PM
Friday: 5:30 AM - 8:00 PM
Saturday: 7:00 AM - 3:00 PM

Customer Service Hours: Monday - Friday, 7:00 AM - 6:00 PM & Saturday, 8:00 AM - 11:00 AM

EMPOWERING HEALTH & WELLNESS

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Aqua Fitness

*BOGA is free for TFC members but preregistration is required due to limited boards.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM Deep Water Aqua Challenge w/ Sharon (30 Mins - Water Park)	9:00 AM Deep Water Workout w/ Paula (Water Park)	9:30 AM Deep Water Aqua Challenge w/ Sharon (30 Mins - Water Park)	9:00 AM Deep Water Workout w/ Paula (Water Park)	9:00 AM Deep Water Workout w/ Paula (Water Park)	9:00 AM Hydro Fitness w/ Lori (Water Park)
10:00 AM Water Works w/ Sharon (Water Park)	10:00 AM Shallow Water Workout w/ Paula (Water Park)	10:00 AM Water Works w/ Sharon (Water Park)	11:00 AM Aqua Flex w/ Nancy (Water Park)	10:00 AM Shallow Gentle Water w/ Paula (Water Park)	
12:00 PM Aqua Lite w/ Sharon (Indoor Pool)	11:00 AM Aqua Flex w/ Nancy (Water Park)	12:00 PM Aqua Lite w/ Sharon (Indoor Pool)		11:00 AM Aqua Flex w/ Nancy (Water Park)	
6:00 PM Hydro Fitness w/ Lori (Water Park)		*12:00 PM* BOGA Cardio & Power w/ Jacob (Water Park)		*12:00 PM* BOGA Cardio & Power w/ Jacob (Water Park)	
		6:30 PM Water Workout w/ Paula (Water Park)			

BOGA CARDIO & POWER A FLOATING FITNESS CLASS!

Join instructor Jacob Lowe for a full body workout on our floating BOGA Fit boards! Moves are designed for all fitness levels. Try a new style of workout, make waves, and have fun!



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Summer Concert Series

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NOVAK
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