Century Fitness

GROUP EXERCISE 2019

For safety please arrive ON TIME, for the warm-up and so instructors can teach uninterrupted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills BodyPump-60 5:30 - 6:30a		LesMills GRIT-30 5:30 - 6:00a CX Worx-30 6:00 - 6:30a		LesMills BodyPump-60 5:30 - 6:30a	LesMills BodyPump-30 6:15 - 6:45a	
LesMills CX Worx-30 9:15-9:45a	Hard-Core-45 9:30 - 10:15a	Yoga-60 9:00 - 10:00a	Hard-Core-45 9:30 - 10:15a	Yoga-60 9:00 - 10:00a	Step & Sculpt-60 9:00 - 10:00a	
TNT (HIIT)-60 10:15-11:15a	ZUMBA -60 10:30-11:30a		ZUMBA -60 10:30-11:30a	Muscles 'n Motion-60 10:15 - 11:15a	STOTT Pilates-60 10:15-11:15a	Yoga-60 10:00 - 11:00
AQUA Aerobics-45 10:00-10:45a		Step & Sculpt-60 10:15 - 11:15a		AQUA Aerobics-45 10:00-10:45a	ZUMBA -60 12:00-1:00p	ZUMBA -60 12:00-1:00p
AQUA Aerobics-45 11:00-11:45a		AQUA Aerobics-45 12:00-12:45a		AQUA Aerobics-45 11:00-11:45a		
LesMills CX Worx-30 12:15-12:45p	LesMills BodyPump-30 12:15-12:45p	LesMills BodyBalance-30 12:15-12:45p	LesMills BodyPump-30 12:15-12:45p	LesMills BodyCombat-30 12:15-12:45p		
KickMax-45 5:00-5:45p	ZUMBA -60 5:30-6:30p	LesMills Instructor'sChoice 5:00-5:30p	STRONG by ZUMBA -60 5:30-6:30p	TNT (HIIT)-60 5:30-6:30p		
AQUA Aerobics-60 6:00-7:00p	STOTT Pilates-60 6:45-7:45p	Hard-Core-30 5:45-6:15p	Yoga-60 6:45- 7:45p			
ZUMBA -45 6:00-6:45p		AQUA Aerobics-60 6:00-7:00p				
STRONG by ZUMBA -60 7:00-8:00p		KickMax-60 6:30-7:30p				

Check out - SMALL GROUP TRAINING CLASSES
TAKE YOUR TRAINING TO THE NEXT LEVEL!
Convenient Times Limited Size Reasonable Rates

CLUB HOURS

Monday-Thursday: 5:00am - 10:00pm
Friday: 5:00am - 9:00pm
Saturday: 6:00am - 6:00pm
Sunday: 6:00am - 5:00pm

KIDS CLUB:

Mon, Wed, Fri, (Sat*)
9am - 11:30am
Mon, Wed, Fri:
5:30pm - 7:30pm
*(September – May)

THE BEST MIX OF GROUP CLASSES IN THE AREA!
... and now ***LESMILLS***

Virtual Classes on the newly installed big screen! Same great live classes plus added options with *LesMills* Virtual!