

Day & Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
anthem community council FITNESS CLASSES COMMUNITY CENTER & CIVIC BUILDING	5:00 AM		5-6:00 AM Adult Fitness Swim Dan LapPool		5-6:00 AM Adult Fitness Swim Dan LapPool		Bring a Friend FREE! All Month Long (First visit free per guest)	
	6:00 AM		6-7:00 AM Adult Fitness Swim Dan Lap Pool		6-7:00 AM Adult Fitness Swim Dan Lap Pool			
	7:00 AM					7:00-8:00 AM Mic Cardio Boxing Melanie Group Fitness Room	7-8:00 AM *Cardio Tennis Cheryl/Josiah Stadium Tennis Court	
	8:00 AM	8:00-8:55 AM. Cardio Dance Eleni Group Fitness Room	8:00-8:55 AM Core, Balance & Strength Eleni Group Fitness Room	8:00-8:55 AM Cardio Dance Eleni Group Fitness Room	8-8:55 AM Strength & Conditioning Eleni Group Fitness Room	8:00-8:55 AM Cardio Dance Eleni Group Fitness Room	8:00-8:55 a.m. Kickology Amp'd Darlene Group Fitness Room	
						8:00-8:55 AM Gentle Yoga Chelsea Civic Fitness #1		
			8:00-9:00 AM Get Fit With HIIT Angie ACC Basketball Gym		8:00-9:00 AM Get Fit With HIIT Angie ACC Basketball Gym			
	9:00 AM	9:00 -9:55 AM Cardio Toning & Aerobic Dance Sue Group Fitness Room	9:00-9:30 AM TRX Power Eleni Rockwall	9:00-9:30 AM TRX Power Eleni Rockwall	9-10:00 AM Cardio Toning & Aerobic Dance Sue Group Fitness Room	9:00-9:30 AM TRX Power Eleni Rockwall	9:00-9:55AM Zumba Carmen Group Fitness Room	
		9:00-9:30 AM TRX Power Eleni Rockwall	9:30-10:00 AM TRX Stretch Eleni Rockwall	9:30-10:00 AM TRX Stretch Eleni Rockwall	9:00-9:30 AM TRX Power Eleni Rockwall	9:30-10:00 AM TRX Stretch Eleni Rockwall		
		9:30-10:00 a.m. TRX Stretch Eleni Rockwall	9:00-10:00 AM Step Aerobics Emmalee Group Fitness Room		9:30-10:00 AM TRX Stretch Eleni Rockwall			
						9:00-10:00 AM Vinyasa Yoga Chelsea Civic Fitness #1		
10:00 AM	10:00-11:00 AM Deep/Shallow Water Eleni POOL	10:00-11:00 AM Deep/Shallow Water Eleni POOL	10:00-11:00 AM Deep/Shallow Water Eleni POOL	10:00-11:00 AM Deep/Shallow Water Eleni POOL	10:00-11:00 AM Deep/Shallow Water Eleni POOL			
March Fitness Schedule	4:00 PM			4:15-5:15 PM *Cardio Pickleball Paul Pickleball Courts		Fitness Memberships VIP Fitness & Adventure Club - \$69 Monthly Fitness - \$65 Monthly Fitness (Reoccurring) - \$55 Fitness Punch Passes 12-Group Fitness: \$70 24-Group Fitness: \$135		
	5:00 PM	5:30-6:30 PM Box N Burn Darlene Group Fitness Room	5:15-6:15 PM Step Aerobics Emmalee Group Fitness Room	5:30-6:30 PM Box N Burn Darlene Group Fitness Room	5:00-6:00 PM *Youth Athletic Training Jordan Group Fitness Room			
	6:00 PM	6:00-7:00 PM Yin + Restored Yoga MJ VIP Fitness Studio	6:15-7:15 PM Zumba/Zumba Toning Anne Group Fitness Room		6:00-7:00 PM Strong 30/Zumba30 Carmen Group Fitness Room	*Fitness Program Classes - Pre-registration & Program Fee is required These classes are not included in the Monthly Fitness Passes		
	7:00 PM	7:00-8:00 PM Yin + Restored Yoga MJ VIP Fitness Studio			6:00-7:00 PM *Youth Athletic Training Jordan Exploration			
Bring a Friend FREE! First visit free for each guest — bring as many friends as you'd like						Location: Anthem Civic Building	Adventure Club Hours: M-F: 8:00 AM -12:30 PM 4:00-7:30 PM Saturday: 8:00 AM-12:30 PM	