

Fit Full Force Fitness Studio Class Schedule

www.fitfullforce.com 352-639-4348

Monday

9:00 AM
SilverSneakers
Classic (chair)
30min

10:00 AM
Zumba Gold
45min

5:00 PM
Boot Camp
60min

6:00 PM
Core Conditioning
30min

6:30 PM
Flexibility Training
30min

Tuesday

9:00 AM
SilverSneakers
Circuit
45min

10:00 AM
Strength Training
30min

10:30 AM
Step Cardio
30min

5:30 PM
Dirty 30
Check Schedule

6:00 PM
Circuit Training
60min

Wednesday

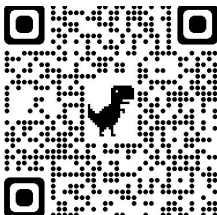
9:00 AM
Senior Chair Stretch
30min

10:00 AM
Zumba Gold
45min

5:00 PM
Boot Camp
60min

6:15 PM
Slow Flow Yoga

Check for
Schedule Updates
www.fitfullforce.com/group-classes



Thursday

9:00 AM
SilverSneakers
Circuit
45min

10:00 AM
Strength Training
30min

10:30 AM
Step Cardio
30min

5:00 PM
Circuit Training
60min

Friday

9:00 AM
Core Conditioning
30min

9:30 AM
Flexibility Training
30min

10:00 AM
Zumba Gold
45min

5:30 PM
Tabata
Check Schedule

Social
Bike Ride
Check Schedule

Saturday

9:00 AM
Boot Camp
60min

5k/3k
Boot Camp
Check Schedule

Class Levels

Low-impact
Low/Moderate
Moderate
High-impact