

# August 2019

Members! Try a FREE Wellbeats™ on-demand fitness class today! No pre-registration required!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 5:15am-Spin Class-35 min *NEW* 6:00am- Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 6:15pm-TKO Tabata-35 min 7:00pm-Pure Sculpt-20 min	2	3
4	5 6:00am-Spin Class-35 min *NEW* 6:45am-Yoga Stretch-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:30pm-Obliques Plus-20 min *NEW* 5:15pm-Torch-35 min	6	7 5:15am-All In-20 min 5:45am- Pick Me Up-30 min 8:15am-Clean & Strong-20 min *NEW* 9:15am-Silver and Fit-50 min 6:15pm-Spin Class-35 min *NEW* 7:00pm- Strong N Fluid-35 min	8 5:15am-Spin Class-35 min *NEW* 6:00am- Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 6:15pm-TKO Tabata-35 min 7:00pm-Pure Sculpt-20 min	9	10
11	12 6:00am-Spin Class-35 min *NEW* 6:45am-Yoga Stretch-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:30pm-Obliques Plus-20 min *NEW* 5:15pm-Torch-35 min	13	14 5:15am-All In-20 min 5:45am- Pick Me Up-30 min 8:15am-Clean & Strong-20 min *NEW* 9:15am-Silver and Fit-50 min 6:15pm-Spin Class-35 min *NEW* 7:00pm- Strong N Fluid-35 min	15 5:15am-Spin Class-35 min *NEW* 6:00am- Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 6:15pm-TKO Tabata-35 min 7:00pm-Pure Sculpt-20 min	16	17
18	19 6:00am-Spin Class-35 min *NEW* 6:45am-Yoga Stretch-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:30pm-Obliques Plus-20 min *NEW* 5:15pm-Torch-35 min	20	21 5:15am-All In-20 min 5:45am- Pick Me Up-30 min 8:15am-Clean & Strong-20 min *NEW* 10:00am-Walk & Talk 6:15pm-Spin Class-35 min *NEW* 7:00pm- Strong N Fluid-35 min	22 5:15am-Spin Class-35 min *NEW* 6:00am- Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 6:15pm-TKO Tabata-35 min 7:00pm-Pure Sculpt-20 min	23	24
25	26 6:00am-Spin Class-35 min *NEW* 6:45am-Yoga Stretch-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-50 min 4:30pm-Obliques Plus-20 min *NEW* 5:15pm-Torch-35 min	27	28 5:15am-All In-20 min 5:45am- Pick Me Up-30 min 8:15am-Clean & Strong-20 min *NEW* 9:15am-Silver and Fit-50 min 6:15pm-Spin Class-35 min *NEW* 7:00pm- Strong N Fluid-35 min	29 5:15am-Spin Class-35 min *NEW* 6:00am- Perfect Blend-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 6:15pm-TKO Tabata-35 min 7:00pm-Pure Sculpt-20 min	30	31

QUESTIONS? Contact [wellnesscenter@fl-hs.org](mailto:wellnesscenter@fl-hs.org)