



CANTON

GROUP FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|--|--|---|--|--|
| Aqua Moves 7:45-8:30a Connie | | Aqua Moves 7:45-8:30a Connie | | | 18780 I-20 Service Rd Canton, TX. 75103 (903) 567-4590 | |
| Power Yoga 8:30-9:30a Connie | Cycle 8:30-9:30a Charlotte | Total Body Fitness 8:30-9:30a Charlotte |  8:30-9:30a Charlotte | | | |
| Chair Yoga 9:35-10:20a  Connie | | Forever Fit 9:35-10:05a Charlotte | Aqua Moves 10:10-11:10a Charlotte | | | Forever Fit 9:35-10:05a Charlotte |
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| Cycle/Strength 5:30-6:30p Charlotte | | | Cycle 5:30-6:30p Charlotte | <u>Club Hours: 24/7 Access</u> <u>Pool Hours: 24/7 Access</u> *Pool/Spa closed for Physical Therapy: M-F 8:45-9:35a & 2-3p | | |
| Aqua Moves 6:35-7:35p Charlotte | | | Aqua Moves 6:35-7:35p Charlotte | | | |
| | | | | | <p>*Please note class schedule is modified periodically to address member feedback, class popularity, & participation level. Classes with low participation level (less than 5 per class) are subject to cancellation.</p> | |