



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		
				<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	
Cycle/Strength 5:30-6:30p Charlotte			Cycle 5:30-6:30p Charlotte		
Aqua Moves 6:35-7:35p Charlotte			Aqua Moves 6:35-7:35p Charlotte	<small>*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.</small>	