

# FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b><u>6:30 a.m.</u></b> Power Pump	<b><u>7:30 a.m.</u></b> Pilates	<b><u>6:30 a.m.</u></b> Power Pump	<b><u>7:30 a.m.</u></b> Pilates	<b><u>6:30 a.m.</u></b> Power Pump	<b><u>10:00 a.m.</u></b> Yoga w/ Carol
	<b><u>7:30 a.m.</u></b> Power Pump	<b><u>8:30 a.m.</u></b> Total Body Strength	<b><u>7:30 a.m.</u></b> Power Pump	<b><u>8:30 a.m.</u></b> Total Body Strength	<b><u>7:30 a.m.</u></b> Power Pump	
	<b><u>8:00 a.m.</u></b> Water Aerobics	<b><u>9:30 a.m.</u></b> Barre	<b><u>8:00 a.m.</u></b> Water Aerobics	<b><u>9:30 a.m.</u></b> Barre	<b><u>8:00 a.m.</u></b> Water Aerobics	
	<b><u>8:30 a.m.</u></b> Power Pump	<b><u>10:45 a.m.</u></b> Yoga w/ Mary	<b><u>8:30 a.m.</u></b> Power Pump	<b><u>10:45 a.m.</u></b> Yoga w/ Mary	<b><u>8:30 a.m.</u></b> Power Pump	
	<b><u>9:30 a.m.</u></b> Dance Fit		<b><u>9:30 a.m.</u></b> Dance Fit		<b><u>9:30 a.m.</u></b> Dance Fit	
	<b><u>10:30 a.m.</u></b> Core & Stretch		<b><u>10:30 a.m.</u></b> Core & Stretch		<b><u>10:30 a.m.</u></b> Barre	
			<b><u>11:30 a.m.</u></b> Mobility & Balance w/ Tiana		<b><u>11:30 a.m.</u></b> Mobility & Balance w/ Peter	

**MARSH CREEK TENNIS & FITNESS CENTER**

**NUMBER:** 904-471-1617

**EMAIL:** [marshcreektennis@gmail.com](mailto:marshcreektennis@gmail.com)

Please call or email in advance to sign up for a class.

**HOURS:**

## **Class Descriptions**

Mon. – Thurs. 6AM- 8PM

Fri. 6AM- 6PM

Sat. & Sun. 7AM- 5PM

**Power Pump** – A strength based class using various weights and resistance bands designed to elevate your heartrate.

**Dance Fit** – A cardiovascular based class incorporating many styles of dance to various genres of music.

**Core & Stretch** – A strength based class that focuses on the muscles of the core to get a toned midsection with various full body stretching techniques included. Prepare to have your balance, stability and flexibility tested.

**Barre** – A strength based class with mixed elements of ballet movements, core training, Pilates, Yoga and weight training designed to sculpt, trim and stretch your muscles. \*\*\*Please invest in and bring socks with grips on the bottom, as these will help you in the class\*\*\*

**Yoga** – A strength based class that includes holding various poses and stretches to increase flexibility, mobility and strength.

**Total Body Strength** – A strength based class that will test you from head to toe using multiple forms of resistance training. You will use various pieces of equipment such as the TRX, resistance bands, free weights and your own body weight.

**Pilates** – A strength based class that focuses on the legs and core muscles. This class is similar to a basic mat Pilates class which is mainly on the ground but does incorporate some exercises while standing.

**Mobility & Balance** – A low impact class that focuses on improving range of motion through static and dynamic stretches followed by exercises to test and improve balance.