GROUP FITNESS SCHEDULE

MONDAY

1130 – 1230
STRICTLY STRENGTH
Maria

1600 – 1700
Zumba
Carmen

1715 – 1815
KICKBOXING
Maria

TUESDAY

1115 – 1130
AB BLAST
Serra

1130 – 1230
YOGA
Serra

1600 – 1700
INDOOR CYCLING
Michelle

1705 – 1805
Tai Chi
(Special Interest Group)

WEDNESDAY

1130 – 1230
STEP
Serra

1600 – 1700
THE DRILL
Maria

THURSDAY

1115 – 1130
AB BLAST
Serra

1130 – 1230
YOGA
Serra

1600 – 1700
STRICTLY STRENGTH
Maria

1705 – 1805
Tai Chi
(Special Interest Group)

FRIDAY

1130 – 1230
STAND-UP PADDLE FITNESS
Ed
@ MWR Marina

1130 – 1230
STEP
Serra

Cardio
Strength
Flexibility
Dance Based

NSA Fitness Center (850) 234-4370
Updated January 12, 2012