

Onion Creek Group Fitness Schedule

January– March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM Strength & Balance (L) Pat	NEW 8:00AM Cardio Blast (M/H) Dan	8:00AM Strength & Balance (L) Pat	NEW 8:00AM Ball Core (L/M) Dan	8:00AM Back to Basics (L) Pat	
9:00AM Strength & Balance (M) Dan	NEW 9:00AM Circuit Training (L/M) Michael	9:00AM Mat Pilates (L/M) Holly	9:00 AM Chair Class (L) Pat \$	9:00AM Strength & Balance (M) Pat	9:00AM Hatha Yoga (L/M) Amy
10:30AM Hatha Star (L) Michele			10:00AM Hatha Flow (L/M) Michele		NEW 9:30AM Cardio Tennis (M/H)
					NEW 10:15AM Barre (M/H) Holly <u>2nd & 4th Saturday</u>
6:00PM Advanced Power Yoga (H) Michele		6:00PM Strength & Balance "Plus" (M) Pat			

Fitness Hours

Monday-Friday
5:30 AM -10:00 PM

Saturday-Sunday
6:00 AM -10:00 PM



Onion Creek Club

\$ = Paid Class

(L) Low Intensity

(M) Medium Intensity

(H) High Intensity