

ONION CREEK CLUB GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit 60  6:00 AM	Yoga  6:00AM	Circuit 60  6:00 AM	Yoga  6:00AM	Circuit 60  6:00 AM	Circuit 60 8:00 AM	Circuit 60  9:00 AM
Strength & Balance 8:30 AM	Aqua Hiit 7:00AM	Strength & Balance 8:30 AM	Aqua Hiit 7:00AM	Aqua Pilates 7:00AM		
	Chair Challenge  9:00 AM		Yoga  10:00AM	Chair Challenge  9:00 AM		
	Yoga  10:00AM					
	Muscle Specific Strength  6:00pm					



Complimentary Class



Sign-Up for Classes on ForeTees!