

Fitness Studio Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Fitness 8am	Boot Camp 6:30am	Yoga Fitness 8am	Boot Camp 6:30am	Yoga 8am	Pilates 9am
Cardio Blast 9am	Pilates 8:45am	Cardio Blast 9am	Pilates 8:45am	Cardio Blast 9am	Pilates Basic for Beginners & Seniors 10:10am
Yoga 10:15am	L.I.F.T. & Balance 10am	Powerball 10:15am	L.I.F.T. & Balance 10am	Powerball 10:15am	Yoga 12pm
Powerball 10:15am	Zumba 6:30pm	Yoga 5:30pm	FIT Club 5:30pm	Yoga 12pm	
Yoga 5:30pm		Boot Camp 5:30pm	Zumba 6:30pm	Tai Chi 1:30pm	
Boot Camp 5:30pm					
Fitness Studio 1 Classes					
Fitness Studio 2 Classes					

Fitness classes are for members 14 years and older.

Contact Rena Bohm with inquiries at rena@mtparkhoa.com.



MOUNTAIN PARK
Nature's Neighborhood