

# CANTON

## GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Moves</b> 7:45-8:30a Connie		<b>Aqua Moves</b> 7:45-8:30a Connie			18780 I-20 Service Rd Canton, TX. 75103 (903) 567-4590
<b>Power Yoga</b> 8:30-9:30a Connie	<b>Cycle</b> 8:30-9:30a Charlotte	<b>Total Body Fitness</b> 8:30-9:30a Charlotte	<b>BOOTCAMP</b> 8:30-9:30a Charlotte		
<b>Chair Yoga</b> 9:35-10:20a  Connie		<b>Forever Fit</b> 9:35-10:05a Charlotte	<b>Aqua Moves</b> 10:10-11:10a Charlotte		<b>Forever Fit</b> 9:35-10:05a AshLyn
					<u>Club Hours: 24/7 Access</u> <u>Pool Hours: 24/7 Access</u> <b>*Pool/Spa closed for Physical Therapy: M-F 8:45-9:35a &amp; 2-3p</b>
<b>Cycle/Strength</b> 5:30-6:30p Charlotte			<b>Total Body Fitness</b> 5:30-6:30p AshLyn		
<b>Aqua Moves</b> 6:35-7:35p Charlotte			<b>Aqua Moves</b> 6:35-7:35p AshLyn		<small>*Please note class schedule is modified periodically to address member feedback, class popularity, &amp; participation level. Classes with low participation level (less than 5 per class) are subject to cancellation.</small>