

D-FIT Fitness Class Schedule

	Time	Class	Location	Instructor	Cost
MONDAY	9:00am - 10:00am	Water Aerobics	Pool	Pamela	Free to members \$10 non-member
	5:00pm - 5:40pm	Spin with Kim	Aerobics Rm 1	Kim	Must Sign Up - Free to members \$10 non-member
	6:00pm - 7:00pm	Karate	Aerobics Rm 1	Fusion Freestyle	See Instructor
	6:30pm - 8:00pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor
	7:30pm - 8:30pm	Zumba	Aerobics Rm 1	Steph	\$5 member \$10 non-member
TUESDAY	8:00am- 11:00am	Pickle ball	Gymnasium		Free to members \$5 non-member
	9:00am - 10:00am	Water Aerobics	Pool	Pamela	Free to members \$10 non-member
	11:00am -12:00pm	Stay Active Senior Aerobics	Aerobics Rm 1	Eric	Free to members \$10 non-member
	5:00pm - 6:00pm	Barre	Aerobics Rm 1	Dina	Free to members \$10 non-member
	6:00pm - 7:00pm	All Levels Vinyasa Yoga	Aerobics Rm 1	Dina	Free to members \$10 non-member
WEDNESDAY	9:30am - 10:30am	Gentle Yoga	Aerobics Rm 1	Dina	Free to members \$10 non-member
	1:30pm - 2:30pm	Bike to Mat	Aerobics Rm 1	Kim and Dina	Free to members \$10 non-member
	5:00pm - 5:40pm	Spin	Aerobics Rm 1	Kim	MUST SIGN UP - Free to Members - \$10 non-member
	6:00pm - 7:00pm	Karate	Aerobics Rm 1	Fusion Freestyle	See Instructor
	6:00pm - 8:30pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor
	7:30pm - 8:30pm	Zumba	Aerobics Rm 1	Steph	\$5 member \$10 non-member
THURSDAY	7:30am - 8:30am	Slow Flow Vinyasa - Yoga	Aerobics Rm 1	Meaghan	Free to members \$10 non-member
	8:00am - 11:00am	Pickle ball	Gymnasium		Free to members \$5 non-member
	11:00am -12:00pm	Stay Active Senior Aerobics	Aerobics Rm 1	Eric	Free to members \$10 non-member
	12:00pm - 12:40pm	Lunch Time Boot Camp	Aerobics Rm 1	Kim	Free to members \$10 non-member
	6:00pm - 7:00 pm	Water Aerobics - Starting July 16th	Pool	Pamela	Free to members \$10 non-member
	6:30pm - 7:30pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor
Friday	9:30am - 10:30am	Gentle Yoga	Aerobics Rm 1	Dina	Free to members \$10 non-member
	9:00am - 10:00am	Water Aerobics	Pool	Pamela	Free to members \$10 non-member
SATURDAY	9:00am - 12:00pm	Pickle ball	Gymnasium		Free to members \$5 non-member
	10:00am -11:00am	Zumba	Aerobics Rm 1	Alex	\$5 member \$10 non-member
	11:30am -12:30pm	Karate	Aerobics Rm 1	Fusion Freestyle	See Instructor
SUNDAY	7:30am - 12:00pm	Pickle ball	Gymnasium		Free to members \$5 non-member
	3:00pm - 5:30pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor