

Class Schedule

MONDAY

8:00-8:50 am	Deep Water	Carron	Pool
9:00-9:50 am	Aqua Zumba	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Julie	RC
10:00-10:50 am	Aqua Movers	Cassie	Pool
10:10-10:50 am	Strong, Fit, & Mobile	Teresa	L/Level
11:00 am-12 pm	Zumba	Cassie	L/Level
5:30-6:15 pm	Pilates+	Hilary	L/Level

TUESDAY

8:00-8:50 am	Aqua Boogie	Chelsea	Pool
9:00-9:50 am	Silver Sneaker Splash	Hilary	Pool
10:00-10:50 am	Gentle Aquacise	Karen	Pool
10:00-11:00 am	Chair Yoga Mix	Kate	L/Level
4:30-5:15 pm	Strength & Tone	Vicki	L/Level
5:15-6:00 pm	Aqua Kick	Hilary	Pool

WEDNESDAY

9:00-9:50 am	Hybrid Deep Water	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Becka	RC
10:00-10:50 am	Aqua Movers	Cassie	Pool
10:00-10:45 am	Mobility Training	Jackie	L/Level
11:00 am-12 pm	Zumba	Cassie	L/Level
• No Zumba the 1 st Wednesday of each month			
4:30-5:00 pm	Spin	Vicki	L/Level
• Spin offered thru October 28			
5:15-6:00 pm	CORE & MORE	Vicki	L/Level

THURSDAY

8:00-8:50 am	Aqua HIIT	Carron	Pool
9:00-9:50 am	Aqua Yoga	Robin	Pool
10:00-10:50 am	Gentle Aquacise	Karen	Pool
10:00-11:00 am	Chair Yoga Mix	Kate	L/Level
11:00-11:50 am	Aquacise	Julie	Pool
4:30-5:15 pm	Moving to the Music	Tari	L/Level
• Moving to the Music September 17- November 5			
4:30-5:15 pm	Aquacise	Teresa	Pool
5:30-6:15 pm	Full Body Fitness	Sue	L/Level

FRIDAY

9:00-9:45 am	Silver Sneakers Circuit	Cindy	RC
9:00-9:50 am	Deep Water	Cassie	Pool
10:00-10:50 am	Aqua Zumba	Cassie	Pool
10:00-11:00 am	Beginning Tai Chi/Qigong	Tari	L/Level

SATURDAY

8:00-9:00 am	20-20-20	Vicki	L/Level
8:00-8:50 am	Aqua HIIT	Carron	Pool

See Website for class descriptions
Fitnesslifestyles.net



Fall Schedule Sept 8- Dec 31, 2026

CLUB HOURS

Monday-Thursday:	5:00 am - 9:00pm
Friday:	5:00 am - 8:00 pm
Saturday:	6:00 am - 5:00 pm
Sunday:	7:00 am - 3:00 pm

NURSERY HOURS

Monday-Friday: 9 AM- 11 AM

641 West Stephenson Street. Freeport, IL 61032

(815) 233-2292

Fitnesslifestyles1@gmail.com

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