

Class Schedule

MONDAY

8:00-8:50 am	Deep Water	Cassie	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	Low Intensity Flex&Flow	Kate	L/Level
10:00-10:50 am	Aqua Movers	Cassie	Pool
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
11:10-11:50 am	Balance,Strength,Stability	Sue	L/Level
• Balance, Strength, Stability-Last Class Nov 18th			
4:30-5:15 pm	Strength & Tone	Vicki	L/Level
5:15-6:00 pm	Aqua Kick	Hilary	Pool
5:30-6:15 pm	Total Body Fitness	TJ	L/Level
• TBF Special Request- Please sign up at front desk			

WEDNESDAY

9:00-9:50 am	Hybrid Deep Water	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Julie	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
4:30-5:15 pm	Spin	Vicki	L/Level
5:30-6:00 pm	CORE	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	Jayne	Pool
4:15-5:15 pm	Beginning Tai Chi/Qigong Tari		L/Level
5:30-6:15 pm	Full Body Fitness	Sue	L/Level
• Full Body Fitness-Last Class Nov 13th			

FRIDAY

9:00-9:50 am	Deep Water	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Cindy	RC
10:00-10:50 am	Aqua Zumba	Cassie	Pool

SATURDAY

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



Fall Schedule

Sept 2- Dec 31, 2025

CLUB HOURS

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

NURSERY HOURS

Monday- Friday: 9 AM- 11 AM

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See Website for class descriptions
Fitnesslifestyles.net