

## 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    |
| 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 |
| • Stay tuned for possible schedule changes |                                  |         |         |
| 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 |
| 1:00-1:45 pm   | Well-Balance            | Martha | L/Level |
| 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    |
| 9:00-9:50 am   | Just Keep Moving              | Kate   | L/Level |
| 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    |
| 4:15-5:15 pm   | Beginning Tai Chi/Qigong Tari |        | L/Level |
| 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                                                                  | Aquacise                      | Cassie/Teresa | Pool    |
| 10:00-10:50 am                                                                | Aqua Dance                    | Cassie/Teresa | Pool    |
| 10:00-11:00 am                                                                | Beginning Tai Chi/Qigong Tari |               | L/Level |
| • Cassie teaches 9 AM Deep Water & 10 AM Aqua Zumba <u>every other week</u> . |                               |               |         |
| • Teresa teaches 9 AM Aquacise & 10 AM Aqua Dance <u>every other week</u>     |                               |               |         |

### 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](http://Fitnesslifestyles.net)



## Summer Schedule May 26-Sept 5, 2026

### 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

|              |                   |
|--------------|-------------------|
| Mon/Wed/Fri: | 8:45 AM- 10:15 AM |
| Tues/Thurs:  | 9 AM- 11 AM       |

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