

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	Martha	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
• Changes Possible for Balance After February 24			
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
• Total Body Fitness <u>begins</u> March 3rd			

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
1:30-2:15 pm	Well-Balance	Martha	L/Level
5:15-6:00 pm	CORE & MORE	Vicki	L/Level
6:15-7:15 pm	Yoga "Kate Style"	Kate	L/Level
• Yoga Trial <u>runs thru</u> March 25th			

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	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
• Changes Possible for Full Body After February 26			

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
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



Winter/Spring Schedule

Jan 2- May 23, 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

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