

**EAGLERIDGE FITNESS**  
**GROUP EXERCISE SCHEDULE**  
24/7/365 Members Access with Key Fob

**Business Hours:**

**Monday – Friday 7:00 a.m. - 8:00 p.m.**

**Tuesday - Thursday 8:00 a.m. - 7:00 p.m.**

**Friday 8:00 a.m. – 6:00 p.m.**

**Saturday 10:00 a.m. – 2:00 p.m. & Sunday Closed**

| TIME                                       | MONDAY  | TUESDAY                                       | WEDNESDAY   | THURSDAY                                       | FRIDAY  | SATURDAY                              |
|--|---|---|---|--|---|---------------------------------------|
| <b>9:00am</b><br><i>Main Floor</i>         |   |   |   |  |   | <b>Zumba Fitness</b><br><i>Nicole</i> |
| <b>9:00 a.m.</b><br><i>Functional Room</i> |   |   |   |  | <b>Power Punch Parkinson's</b>                    |                                       |
| <b>9:00 a.m.</b><br><i>Main Floor</i>      |   |   |   |  | <b>Silver Sneakers Chair Yoga</b><br><i>Dina</i>  |                                       |
| <b>9:30 a.m.</b><br><i>Main Floor</i>      | <b>Silver Sneakers Classic</b><br><i>Erica</i>    | <b>Silver Sneakers Classic</b><br><i>Seth</i> | <b>Silver Sneakers Classic</b><br><i>Seth</i>     | <b>Silver Sneakers Classic</b><br><i>Erica</i> |   |                                       |
| <b>5:30 p.m.</b><br><i>Main Floor</i>      | <b>Toning &amp; Conditioning</b><br><i>Nicole</i> | <b>Zumba</b><br><i>Nicole</i>                 | <b>Toning &amp; Conditioning</b><br><i>Nicole</i> | <b>Zumba</b><br><i>Nicole</i>                  | <b>Toning &amp; Conditioning</b><br><i>Nicole</i> |                                       |
| <b>6:00 p.m.</b><br><i>Upstairs</i>        | <b>Yoga</b><br><i>Dez</i>                         |   |   |  |   |                                       |
| <b>6:30 p.m.</b><br><i>Functional Room</i> |   |   | <b>Superhero Fitness</b><br><i>Sean</i>           |  |   |                                       |