

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
9:00am <i>Main Floor</i>						Zumba Fitness <i>Nicole</i>
9:00 a.m. <i>Functional Room</i>					Power Punch Parkinson's	
9:00 a.m. <i>Main Floor</i>					Silver Sneakers Chair Yoga <i>Dina</i>	
9:30 a.m. <i>Main Floor</i>	Silver Sneakers Classic <i>Erica</i>	Silver Sneakers Classic <i>Miriam</i>	Silver Sneakers Classic <i>Miriam</i>	Silver Sneakers Classic <i>Erica</i>		
5:30 p.m. <i>Main Floor</i>	Toning & Conditioning <i>Nicole</i>	Zumba <i>Nicole</i>	Toning & Conditioning <i>Nicole</i>	Zumba <i>Nicole</i>	Toning & Conditioning <i>Nicole</i>	
6:00 p.m. <i>Upstairs</i>	Yoga <i>Dez</i>					
6:30 p.m. <i>Functional Room</i>			\$ Superhero Fitness \$ <i>Sean</i>			