

# Walton Family Whole Health & Fitness

## Group Fitness Schedule: July 8 - August 4

■ Aquatics | 
 ■ Mind Body | 
 ■ Dance | 
 ■ Spin | 
 ■ Strength | 
 ■ Total Fitness | 
 ◆ Premium

|               | Monday  | Tuesday   | Wednesday                                     | Thursday                                     | Friday  | Saturday  | Sunday                                       |
|---------------|---|---|---|--|---|---|--|
| Early Morning | Body Blast<br>5:15-6:00 AM<br>Studio: 1       | Bootcamp<br>5:15-6:00 AM<br>Studio: 1                 | Body Blast<br>5:15-6:00 AM<br>Studio: 1       | Bootcamp<br>5:15-6:00 AM<br>Studio: 1        | Body Blast<br>5:15-6:00 AM<br>Studio: 1                 |   |  |
|               | ◆ 12 Rounds<br>5:15-6:15 AM<br>Studio: 4      | LIFT<br>5:15-6:00 AM<br>Studio: 2                     | ◆ 12 Rounds<br>5:15-6:15 AM<br>Studio: 4      | LIFT<br>5:15-6:00 AM<br>Studio: 2            | ◆ 12 Rounds<br>5:15-6:15 AM<br>Studio: 4                |   |  |
|               | RPM<br>6:15-7:00 AM<br>Studio: 3              |   | RPM<br>6:15-7:00 AM<br>Studio: 3              |  | RPM<br>6:15-7:00 AM<br>Studio: 3                        |   |  |
|               | ◆ Heated Yoga<br>6:15-7:15 AM<br>Studio: 5    |   | ◆ Heated Yoga<br>6:15-7:15 AM<br>Studio: 5    | ◆ Heated Yoga<br>6:15-7:15 AM<br>Studio: 5   | ◆ Heated Pilates<br>Sculpt<br>6:15-7:15 AM<br>Studio: 5 |   |  |
|               |   | Mat Pilates<br>6:15-7:00 AM<br>Studio: 6              |   | Mat Pilates<br>6:15-7:00 AM<br>Studio: 6     |   |   |  |
|               | ◆ FIT ZONE<br>6:15-7:15 AM<br>The Zone        | ◆ FIT ZONE<br>6:15-7:15 AM<br>The Zone                | ◆ FIT ZONE<br>6:15-7:15 AM<br>The Zone        | ◆ FIT ZONE<br>6:15-7:15 AM<br>The Zone       | ◆ FIT ZONE<br>6:15-7:15 AM<br>The Zone                  |   |  |
|               |   |   |   | Yoga<br>7:15-8:00 AM<br>Studio: 6            |   | ◆ Heated Yoga<br>7:30-8:30 AM<br>Studio: 5      |  |
| Mid-Morning   | Qi Gong<br>8:30-9:15 AM<br>Studio: 5          | Barre Fusion<br>8:30-9:15 AM<br>Studio: 6             | Qi Gong<br>8:30-9:15 AM<br>Studio: 5          | Barre Fusion<br>8:30-9:15 AM<br>Studio: 6    | Mat Pilates<br>8:30-9:15 AM<br>Studio: 6                | ◆ 12 Rounds<br>8:15-9:15 AM<br>Studio: 4        | Barre Fusion<br>8:15 - 9:00 AM<br>Studio: 6  |
|               | Deep Water<br>8:30-9:15 AM<br>Recreation Pool |   | Deep Water<br>8:30-9:15 AM<br>Recreation Pool |  |   | ◆ FIT ZONE<br>9:00-10:00 AM<br>The Zone         | ◆ 12 Rounds<br>8:15-9:15 AM<br>Studio: 4     |
|               | Mat Pilates<br>8:30-9:15 AM<br>Studio: 6      | Breathwork<br>Meditation<br>8:30-9:15 AM<br>Studio: 5 | Mat Pilates<br>8:30-9:15 AM<br>Studio: 6      |  |   | ◆ Heated Yoga<br>9:00-10:00 AM<br>Studio: 5     | ◆ 12 Rounds<br>10:15-11:15 AM<br>Studio: 4   |
|               | Zumba<br>8:30-9:15 AM<br>Studio: 3            | High Fitness<br>8:30-9:15 AM<br>Studio: 3             | Zumba<br>8:30-9:15 AM<br>Studio: 3            | High Fitness<br>8:30-9:15 AM<br>Studio: 3    | Zumba<br>8:30-9:15 AM<br>Studio: 3                      | RPM<br>9:15-10:00 AM<br>Studio: 3               | ◆ Heated Yoga<br>10:30-11:30 AM<br>Studio: 5 |
|               | Body Blast<br>8:30-9:15 AM<br>Studio: 1       |   | Body Blast<br>8:30-9:15 AM<br>Studio: 1       |  | Body Blast<br>8:30-9:15 AM<br>Studio: 1                 | Bootcamp<br>10:15-11:00 AM<br>Studio: 1         |  |
|               | LIFT<br>8:30-9:15 AM<br>Studio: 2             | LIFT<br>8:30-9:15 AM<br>Studio: 2                     | LIFT<br>8:30-9:15 AM<br>Studio: 2             | LIFT<br>8:30-9:15 AM<br>Studio: 2            |   | Zumba Step<br>10:15-11:00 AM<br>Studio: 3       |  |
|               | ◆ FIT ZONE<br>9:30-10:30 AM<br>The Zone       | ◆ CARDIO ZONE<br>9:30-10:30 AM<br>The Zone            | ◆ FIT ZONE<br>9:30-10:30 AM<br>The Zone       | ◆ CARDIO ZONE<br>9:30-10:30 AM<br>The Zone   | ◆ FIT ZONE<br>9:30-10:30 AM<br>The Zone                 | ◆ TEEN FIT ZONE<br>10:30-11:30 AM<br>The Zone   |  |
|               |   | ◆ Heated Yoga<br>9:30-10:30 AM<br>Studio: 5           |   | ◆ Prenatal Yoga<br>9:30-10:45 AM<br>Inhale   | Stetch & Tone<br>9:30-10:15 AM<br>Studio: 6             | Restorative Yoga<br>10:30-11:15 AM<br>Studio: 5 |  |
|               | Surge Fit<br>9:30-10:15 AM<br>Studio: 1       | Surge Strength<br>9:30-10:15 AM<br>Studio: 1          | Surge Fit<br>9:30-10:15 AM<br>Studio: 1       | Surge Strength<br>9:30-10:15 AM<br>Studio: 1 | Surge Fit<br>9:30-10:15 AM<br>Studio: 1                 |   |  |
|               | Gentle Flow<br>10:15-11:00 AM<br>Studio: 5    |   | Gentle Flow<br>10:15-11:00 AM<br>Studio: 5    | Breath Express<br>9:30-10:00 AM<br>Studio: 6 | Gentle Flow<br>10:15-11:00 AM<br>Studio: 5              |   |  |



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|  | Monday   | Tuesday   | Wednesday                                       | Thursday   | Friday  | Saturday  | Sunday   |
|--|--|---|---|--|---|---|--|
| Lunch & Afternoon                          |  | ◆ 12 Rounds<br>11:00-12:00 PM<br>Studio: 4                  |   | ◆ 12 Rounds<br>11:00-12:00 PM<br>Studio: 4                   | ◆ 12 Rounds<br>11:00-12:00 PM<br>Studio: 4      | Rhythm Ride<br>11:15-12:00 PM<br>Studio: 3                  | ◆ Prenatal Yoga<br>2:00-3:15 PM<br>Inhale                          |
|  | ◆ FIT ZONE<br>11:15-12:15 PM<br>The Zone                           | ◆ FIT ZONE<br>11:15-12:15 PM<br>The Zone                    | ◆ FIT ZONE<br>11:15-12:15 PM<br>The Zone        | ◆ FIT ZONE<br>11:15-12:15 PM<br>The Zone                     | ◆ FIT ZONE<br>11:15-12:15 PM<br>The Zone        | ◆ 12 Rounds<br>12:15-1:15 PM<br>Studio: 4                   | Gentle Flow<br>2:15-3:00 PM<br>Studio: 6                           |
|  | Bootcamp<br>11:15-12:00 PM<br>Studio: 1                            | LIFT<br>11:15-12:00 PM<br>Studio: 2                         | Bootcamp<br>11:15-12:00 PM<br>Studio: 1         | LIFT<br>11:15-12:00 PM<br>Studio: 2                          | Bootcamp<br>11:15-12:00 PM<br>Studio: 1         | (Interns Only)*<br>Zumba<br>12:30-1:15 PM<br>Studio: 3      | ◆ TEEN FIT ZONE<br>1:15-2:15 PM<br>The Zone                        |
|  | Essentrics<br>11:15-12:00 PM<br>Studio: 6                          | Qi Gong<br>11:15-12:00 PM<br>Studio: 6                      | Essentrics<br>11:15-12:00 PM<br>Studio: 6       | Gentle Flow<br>11:15-12:00 PM<br>Studio: 5                   | Restorative Yoga<br>11:15-12:00 PM<br>Studio: 5 | (Interns Only)*<br>Intern Yoga<br>2:00-3:00 PM<br>Studio: 5 | (Interns Only)*<br>Meditation & Sound<br>2:00-3:00 PM<br>Studio: 5 |
|  |  | Rhythm Ride<br>11:30-12:15 PM<br>Studio: 3                  |   | Rhythm Ride<br>11:30-12:15 PM<br>Studio: 3                   |   |   | ◆ FIT ZONE<br>2:30-3:30 PM<br>The Zone                             |
|  | Bootcamp Express<br>12:15-12:45 PM<br>Studio: 1                    |   | Bootcamp Express<br>12:15-12:45 PM<br>Studio: 1 |  | Bootcamp Express<br>12:15-12:45 PM<br>Studio: 1 |   |  |
|  |  | Embody<br>11:30-12:15 PM<br>Inhale                          |   | Breath Express<br>11:30-12:00 PM<br>Studio: 6                |   |   |  |
| Evening                                    | (Interns Only)*<br>Dynamic Breathwork<br>5:00-5:45 PM<br>Studio: 6 | Stretch<br>4:15-5:00 PM<br>Studio: 6                        | Mat Pilates<br>4:15-5:00 PM<br>Studio: 6        | Stretch<br>4:15-5:00 PM<br>Studio: 6                         |   |   | ◆ Heated Yoga<br>3:30-4:30 PM<br>Studio: 5                         |
|  |  | ◆ Prenatal Yoga<br>4:15-5:30 PM<br>Inhale                   | Meditation<br>5:15-6:00 PM<br>Studio: 5         | Yoga<br>5:15-6:00 PM<br>Studio: 5                            |   |   | (Interns Only)*<br>Bootcamp<br>4:00-5:00 PM<br>The Zone            |
|  | Gentle Flow<br>5:15-6:00 PM<br>Studio: 5                           | Barre Fusion<br>5:15-6:00 PM<br>Studio: 6                   | Barre Fusion<br>5:15-6:00 PM<br>Studio: 6       | Barre Fusion<br>5:15-6:00 PM<br>Studio: 6                    |   |   | ◆ Sound Bath<br>5:00-6:00 PM<br>Studio: 5                          |
|  | Zumba<br>5:15-6:00 PM<br>Studio: 3                                 | Zumba<br>5:15-6:00 PM<br>Studio: 3                          | Zumba<br>5:15-6:00 PM<br>Studio: 3              | Fitness Dance<br>5:15-6:00 PM<br>Studio: 3                   |   |   |  |
|  | Hydro Tone<br>5:30-6:15 PM<br>Recreation Pool                      | LIFT<br>5:15-6:00 PM<br>Studio: 2                           | Surge Fit<br>5:15-6:00 PM<br>Studio: 2          | LIFT<br>5:15-6:00 PM<br>Studio: 2                            |   |   |  |
|  | ◆ 12 Rounds<br>6:00-7:00 PM<br>Studio: 4                           | (Interns Only)*<br>◆ 12 Rounds<br>6:00-7:00 PM<br>Studio: 4 | ◆ 12 Rounds<br>6:00-7:00 PM<br>Studio: 4        | ◆ 12 Rounds<br>6:00-7:00 PM<br>Studio: 4                     | ◆ 12 Rounds<br>5:00-6:00 PM<br>Studio: 4        |   |  |
|  | Dynamic<br>Breathwork<br>6:00-6:45 PM<br>Studio: 6                 | Aqua Fit<br>5:30-6:15 PM<br>Recreation Pool                 |   | Aqua Fit<br>5:30-6:15 PM<br>Recreation Pool                  |   |   |  |
|  |  | Gentle Flow<br>6:15-7:00 PM<br>Studio: 5                    | ◆ Heated Yoga<br>6:15-7:15 PM<br>Studio: 5      | Gentle Flow<br>6:15-7:00 PM<br>Studio: 5                     | Yoga<br>6:00-6:45 PM<br>Studio: 6               |   |  |
|  | (Interns Only)*<br>LIFT<br>6:00-6:45 PM<br>Studio: 2               | Essentrics<br>6:15-7:00 PM<br>Studio: 6                     |   |  |   |   |  |
|  | ◆ FIT ZONE<br>6:15-7:15 PM<br>The Zone                             | ◆ FIT ZONE<br>6:15-7:15 PM<br>The Zone                      | ◆ FIT ZONE<br>6:15-7:15 PM<br>The Zone          | ◆ FIT ZONE<br>6:15-7:15 PM<br>The Zone                       |   |   |  |
|  | Rhythm Ride<br>6:15-7:00 PM<br>Studio: 3                           | Club Fitness<br>6:15-7:00 PM<br>Studio: 3                   | Rhythm Ride<br>6:15-7:00 PM<br>Studio: 3        | Club Fitness<br>6:15-7:00 PM<br>Studio: 3                    |   |   |  |
|  | Body Blast<br>6:30-7:15 PM<br>Studio: 1                            | Bootcamp<br>6:30-7:15 PM<br>Studio: 1                       | Body Blast<br>6:30-7:15 PM<br>Studio: 1         | Bootcamp<br>6:30-7:15 PM<br>Studio: 1                        |   |   |  |
|  | ◆ Heated Pilates<br>Sculpt<br>6:30-7:30 PM<br>Studio: 5            | ◆ Sound Bath<br>7:15-8:15 PM<br>Studio: 5                   | Breath Express<br>7:30-8:00 PM<br>Studio: 5     | ◆ Sound Bath<br>7:15-8:15 PM<br>Studio: 5                    |   |   |  |
|  |  | ◆ Primal Movement<br>7:15-8:15 PM<br>Studio: 4              |   | (Interns Only)*<br>Barre Fusion<br>7:15-8:00 PM<br>Studio: 6 | Tai Chi<br>7:00-7:45 PM<br>Studio: 6            |   |  |
| Fitness Dance<br>7:15-8:00 PM<br>Studio: 3 |  |   |   |  |   |   |  |