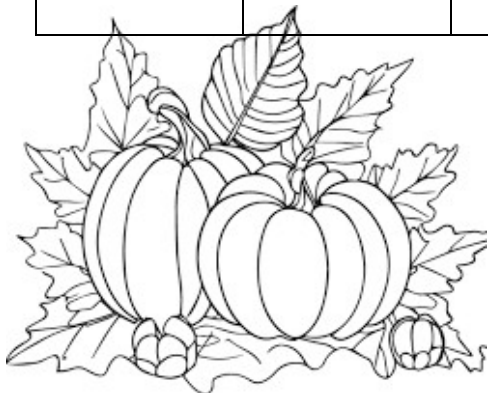




LEGION PARK NOVEMBER 2025

FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba 9:00am- 9:45am	Mat Pilates 10:00am- 10:45am		Rhythm & Sculpt 10:45am- 11:30am	
Lift & Burn (Lower Body) 6:20pm- 6:50pm	Mat Pilates 6:00pm- 6:50pm	Lift & Burn (Upper Body) 6:20pm- 6:50pm		Rhythm & Sculpt 6:30pm- 8:00pm	Zumba 9:00am- 9:50am
Zumba 7:00pm- 8:15pm		CaribbeanX Twerkout 7:00pm- 8:00pm			
Stretch & Flow 8:20pm- 8:45pm		Stretch & Flow 8:10pm- 8:40pm			



Stay up to date on announcements, events and schedule communications by scanning the QR code.

