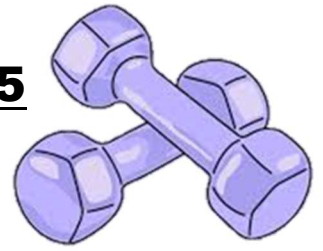


LEGION PARK SEPTEMBER 2025

FITNESS CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba Gold 10:00am- 10:45am (55+ only)	Mat Pilates 10:00am- 10:45am (55+ only)		Circuit Workout 10:30am- 11:15am (55+ only)	Circuit Bootcamp 8:30am- 9:00am
Bootcamp 6:00pm- 6:50pm	Mat Pilates 6:00pm- 6:45pm	Bootcamp 6:00pm- 6:50pm		Mat Pilates 6:15pm- 7:00pm	Zumba 9:00am- 9:50am
Zumba 7:00pm- 8:15pm		CaribbeanX Twerkout 7:00pm- 7:50pm		PowerBandz Dance Workout 7:15pm- 8:00pm	
Stretch & Flow 8:15pm- 8:45pm		Stretch & Flow 8:00pm- 8:45pm			



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

