



**Hours of Operation**

Monday - Thursday 5:30 am to 10:00 pm

Friday 5:30 am to 8pm

Saturday 8:00 am to 5:00 pm

Sunday 8:00 - 3:00pm

**All Classes On Schedule Included**

\*All classes are 1 hour unless noted otherwise\*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am	Spin Nikki		Spin Susie		Spin Liz	Spin Susie K. (9:00)	
8:30 am	Step Toning Interval Polly	Conditioning Teresa	Move & Groove Teresa	Conditioning Teresa	**Body Fusion Kat (8:00-9:30)	Cardio Salsa Carlos (9:00-10:00)	**Body Fusion Kat (8:30-10:00)
9:30 am	Lower Body Blast ( 1/2 Hour) Polly	Yoga Jill		Cardio Salsa Carlos	**Cardio Blast Kat (9:30-10:00)	Zumba Tara (10:00 - 11:00)	*Cardio Blast Kat (10:00- 10:30)
11:00 am	Senior Fit Polly	Beg. Body Sculpting Polly	Senior Fit Polly	Zumba Gold Susan	Senior Fit Sue	Hatha Yoga Louise (11:15 - 12:15 )	
3:30 pm	Silver Sneakers Polly	S.S. Yoga Tom	Silver Sneakers Polly		Silver Sneakers Polly		
4:30 pm	Muscle Fit Polly		Muscle Fit Polly		Butts & Gutts Polly		
5:30 pm	Zumba Tara	Pilates Dottie	Total Body Challenge Colleen	Zumba Tara			
5: 45pm	Spin Bill	Spin Becca	Spin Nikki	BeginnerSpin Liz			
6:30 pm	Cardio Salsa Carlos	Heavy Bag Xtraining Dez	Cardio Salsa Carlos	Yoga Jill	Karate Dez (6:00)		

1355 N. Atlantic Ave. Cocoa Beach, FL

CocoaBeachHealthandFitness.com

(321) 613-2969

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