

# Citrus Club Spa & Fitness Center Group Fitness Schedule

Effective – January 2012

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>11:45AM-12:35PM</b> <b>SPIN-n-SCULPT</b> John	<b>11:45AM-12:35PM</b> <b>SPINNING</b> John	<b>11:00AM-12:00PM</b> <b>Yin Yoga</b> Lauren	<b>11:45AM-12:35PM</b> <b>SPINNING</b> John	<b>12:00PM-12:50PM</b> <b>SPINNING</b> Tom
<b>12:15PM-1:05PM</b> <b>CORE</b> <b>Performance</b> Lana	<b>12:15PM-1:05PM</b> <b>Vinyasa Yoga</b> Deborah	<b>12:15PM-1:05PM</b> <b>BODY FIT</b> Joann	<b>12:15PM-1:05PM</b> <b>Ashtanga Yoga</b> Deborah	<b>12:00PM-12:50PM</b> <b>Vinyasa Yoga</b> Lauren
	<b>5:45PM-6:45PM</b> <b>Total Body</b> <b>Conditioning</b> Lana	<b>5:30PM-6:30PM</b> <b>SPINNING</b> John	<b>5:45PM-6:45PM</b> <b>KICKBOXING</b> Kevin	<b>1:00PM-2:00PM</b> <b>KICK-n-SCULPT</b> Kevin
		<b>6:30PM-7:00PM</b> <b>Ab Attack</b> Lana		

All classes and instructors subject to change and/ or cancellation at any time. Classes are also subject to space & availability. Space is limited in the Spinning classes. To secure your place in a SPIN class, please sign up at the Fitness Reception Desk.

Non-members are welcome to participate, for more information contact the club at 407-423-4070 or visit our website at [www.citrus-club.com](http://www.citrus-club.com).