

January 2022

GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.

HOURS OF OPERATION:

Monday to Thursday:
5 am to 8 pm
Friday:
5 am to 6 pm
Saturday and Sunday:
9 am to 3 pm



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|--|--|--|--|---|
| 5:05 am | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | LES MILLS CORE VIRTUAL INSTRUCTOR | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | LES MILLS CORE VIRTUAL INSTRUCTOR | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | 9 AM LM CORE (30') VIRTUAL INSTRUCTOR |
| 6 am | LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR | SPIN DEB | LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR | SPIN DEB | LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR | 9:30 AM LM BODYPUMP VIRTUAL INSTRUCTOR |
| 7:30 am | LES MILLS BODYFLOW VIRTUAL INSTRUCTOR | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | LES MILLS BODYFLOW VIRTUAL INSTRUCTOR | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | LES MILLS BODYFLOW VIRTUAL INSTRUCTOR | 10:30 AM LM BODYFLOW VIRTUAL INSTRUCTOR |
| 8:30 am | SILVER SNEAKERS CLASSIC PRISCILLA | LES MILLS BODYFLOW (45') VIRTUAL INSTRUCTOR | SILVER SNEAKERS CLASSIC PRISCILLA | LES MILLS BODYFLOW (45') VIRTUAL INSTRUCTOR | SILVER SNEAKERS CLASSIC PRISCILLA | 11:30 AM LM BARRE (30') VIRTUAL INSTRUCTOR |
| 9:30 am | STRETCH AND RELEASE FELIX | LES MILLS BARRE (30') VIRTUAL INSTRUCTOR | STRETCH AND RELEASE FELIX | LES MILLS BARRE (30') VIRTUAL INSTRUCTOR | STRETCH AND RELEASE FELIX | 12 PM LM BODYCOMBAT VIRTUAL INSTRUCTOR |
| 10:30 am | TABATA MARIA | SILVER SNEAKERS CLASSIC TAMI | ZUMBA GOLD MARIA | SILVER SNEAKERS CLASSIC TAMI | ZUMBA GOLD MARIA | CONTACT INFORMATION 38233 Daughtery Road Zephyrhills, FL 33540 813-783-6123 AHZWellnessCenter.com |
| 11:30 am | LES MILLS CORE VIRTUAL INSTRUCTOR | SILVER SNEAKERS YOGA TAMI | LES MILLS CORE VIRTUAL INSTRUCTOR | SILVER SNEAKERS YOGA TAMI | LES MILLS CORE VIRTUAL INSTRUCTOR | |
| 12:10 pm | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | | LES MILLS BODYPUMP VIRTUAL INSTRUCTOR | |
| 12:50 pm | LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR | LES MILLS BODYPUMP (45') VIRTUAL INSTRUCTOR | LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR | LES MILLS BODYPUMP (45') VIRTUAL INSTRUCTOR | LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR | |
| BREAK | | | | | | |
| 5 pm | LES MILLS BARRE (30') REBECCA | 4:45 PM LM CORE (45') VIRTUAL INSTRUCTOR | LES MILLS BARRE (30') REBECCA | 4:45 PM LM CORE (45') VIRTUAL INSTRUCTOR | LES MILLS BARRE (30') REBECCA | GROUP TRAINING* BLAST with Keymo Monday and Wednesday 6 am Boxing with Taylor Tuesday and Thursday 5:30 pm <i>* See the front desk team for more information and pricing.</i> |
| 5:30 pm | LES MILLS BODYPUMP REBECCA | CARDIOKICK! CHRISTINA | LES MILLS BODYPUMP REBECCA | CARDIOKICK! CHRISTINA | LES MILLS BODYPUMP (30') VIRTUAL INSTRUCTOR | |
| 6:30 pm | LES MILLS BODYFLOW REBECCA | LES MILLS BARRE REBECCA | LES MILLS BODYFLOW REBECCA | LES MILLS BARRE REBECCA | | |
| 7:15 pm | | LES MILLS BODYFLOW VIRTUAL INSTRUCTOR | | LES MILLS BODYFLOW VIRTUAL INSTRUCTOR | | |
| 7:40 pm | LES MILLS CORE VIRTUAL INSTRUCTOR | | LES MILLS CORE VIRTUAL INSTRUCTOR | | | |



Available for use when no other class is in session
Select any available Les Mills classes you want to attend!
Enjoy 20-60 minute versions of **BODYPUMP**, **BODYFLOW**, **CORE**, **BODYCOMBAT**, AND **BARRE**.
**This is a first-come, first-serve option. Join current class or wait until current class has ended.*

Virtual Spin 24/7.
30-60 minute classes
Every hour on the half hour.
**Reserve your spot online.*