



# FITNESS CLASSES

DECEMBER 2020

Members are permitted to sign in 1-hour prior to the start of class

RANCH STUDIO 20 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am		<b>Cross Camp</b> <i>Maureen</i>		<b>Cross Camp</b> <i>Maureen</i>		
9:00 am	<b>Power Pump</b> <i>John</i>	<b>Dance Party</b> <i>Denise</i>	<b>Power Pump</b> <i>John</i>	<b>Dance Party</b> <i>Denise</i>	<b>Beat!</b> <i>Jessica</i>	
10:00 am	<b>Zumba®</b> <i>Kitti</i>	<b>Muscle Mix</b> <i>Kitti</i>	<b>Zumba®</b> <i>Jessica</i>	<b>Muscle Mix</b> <i>Kitti</i>	<b>Pilates</b> <i>Kitti</i>	<b>Dance Party</b> <i>Rotation</i>
11:00 am	<b>Yoga Flow</b> <i>Haley</i>	<b>Hatha Yoga</b> <i>Kathy</i>	<b>Yoga Flow</b> <i>Haley</i>	<b>Hatha Yoga</b> <i>Kathy</i>		<b>Yoga Flow</b> <i>Rotation</i>
5:00 pm	<b>Power Pump</b> <i>Donna</i>		<b>G.R.I.T.</b> <i>Maureen</i>			
6:00 pm		<b>Zumba®</b> <i>Jessica</i>		<b>Cardio Core</b> <i>Maureen</i>		
SPIN STUDIO 11 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am	<b>Power Cycle</b> <i>John</i>		<b>Power Cycle</b> <i>Cammy</i>		<b>Power Cycle</b> <i>Ingrid</i>	
9:00 am						<b>Power Cycle</b> <i>Rotation</i>
10:00 am					<b>Brain Power</b> <i>Cammy</i>	
POOL 20 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am	<b>H2O Fit</b> <i>Sue</i>	<b>H2O Fit</b> <i>Denise</i>	<b>H2O Fit</b> <i>Barb</i>	<b>H2O Fit</b> <i>Denise</i>	<b>H2O HIIT</b> <i>Sue</i>	<b>H2O Fit</b> <i>Barb</i>

## F.I.T. *with* TRX®

FUNCTIONAL INTEGRATED TRAINING

## SMALL GROUP TRAINING

F.I.T. STUDIO 9 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am	<b>TRX Healthy Joints I</b> <i>Tucker</i>		<b>TRX Healthy Joints II</b> <i>Tucker</i>		<b>Healthy Joints I</b> <i>Dennis</i>	
11:00 am					<b>Roll &amp; Recover</b> <i>Maureen</i>	

## #TOOFITTOQUIT VIRTUAL WORKOUTS

FACEBOOK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 am		Cardio		Strength		

To access virtual workouts, visit [RanchOcala.com](http://RanchOcala.com) or [Facebook.com/TheRanchFitnessSpa](https://Facebook.com/TheRanchFitnessSpa)