



FITNESS CLASSES

JANUARY 2021

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

F.I.T. *with* TRX® SMALL GROUP TRAINING

FUNCTIONAL INTEGRATED TRAINING

F.I.T. STUDIO 9 PERSON MAX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am	TRX Healthy Joints I <i>Tucker</i>		TRX Healthy Joints II <i>Tucker</i>		Healthy Joints I <i>Dennis</i>	
11:00 am					Roll & Recover <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 or Facebook.com/TheRanchFitnessSpa