

APRIL 2021

FITNESS CLASSES



Fitness Studio capacities are strictly enforced, please sign up as early as 1 hour prior to class time to insure your spot.

RANCH STUDIO

20 PERSON MAX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Cross Camp MAUREEN		Cross Camp MAUREEN		
9:00 AM	Power Pump JOHN	Dance Party DENISE	Power Pump JOHN	Dance Party DENISE	Beat! JESSICA	
10:00 AM	Zumba® KITTI	Muscle Mix KITTI	Zumba® JESSICA	Muscle Mix KITTI	Pilates KITTI	Dance Party ROTATION
11:00 AM	Yoga Flow SANDRA	Hatha Yoga KATHY	Yoga Flow HALEY	Hatha Yoga KATHY		Yoga Flow ROTATION
5:00 PM	Power Pump DONNA	Core & More MAUREEN	G.R.I.T. MAUREEN	Zumba® HIROMI		
6:00 PM		Zumba® HIROMI	Dance Party CHERI	Core & More MAUREEN		

SPIN STUDIO

15 PERSON MAX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Cycle JOHN		Power Cycle CAMMY		Power Cycle INGRID	
9:00 AM						Power Cycle ROTATION
10:00 AM					Brain Power BP TEAM	
6:00 PM	Power Cycle MAUREEN					

POOL

20 PERSON MAX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	H2O FIT SUE	H2O FIT DENISE	H2O FIT BARB	H2O HIIT DENISE	H2O HIIT SUE	H2O Fit BARB

TRX® STUDIO

9 PERSON MAX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	TRX Healthy Joints I TUCKER		TRX Healthy Joints II TUCKER		TRX Healthy Joints I INGRID	
11:00 AM					Roll & Recover MAUREEN	

VIRTUAL WORKOUT

RANCHOCALA.COM/VIRTUAL-FITNESS

24/7

#TOOFITTOQUIT

CARDIO AND STRENGTH TRAINING WHEN YOU HAVE THE TIME!

Seven days a week online at www.RanchOcala.com/Virtual-Fitness,
or join us live every Tuesday and Thursday at www.Facebook.com/TheRanchFitnessSpa.

