

# SEPTEMBER 2021

## FITNESS CLASSES

Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.

### RANCH STUDIO

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

### SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>Power Cycle</b> JOHN		<b>Power Cycle</b> CAMMY		<b>Power Cycle</b> INGRID	
9:00 AM						<b>Power Cycle</b> ROTATION
6:00 PM	<b>Power Cycle</b> MAUREEN					

### POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	<b>H2O FIT</b> SUE	<b>H2O FIT</b> DENISE	<b>H2O FIT</b> BARB	<b>H2O FIT</b> JESSICA	<b>H2O HIIT</b> SUE	<b>H2O FIT</b> BARB

### TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>TRX® Turbo</b> MAUREEN					
9:00 AM	<b>TRX® Healthy Joints I</b> SUE		<b>TRX® Healthy Joints II</b> JOHN		<b>TRX® Healthy Joints I</b> INGRID	
11:00 AM					<b>Roll &amp; Recover</b> MAUREEN	

### VIRTUAL WORKOUT

24/7

**#TOOFITTOQUIT**

CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!  
Seven days a week online at [www.RanchOcala.com/Virtual-Fitness](http://www.RanchOcala.com/Virtual-Fitness).

### SPECIAL PROGRAMMING

PEACE, LOVE, & YOGA

SEPTEMBER 21, 2021 • 11 AM - 12:30 PM • RANCH STUDIO

NAFC GROUP  
FITNESS CERTIFICATION

SEPTEMBER 25, 2021 • 8 AM - 5 PM

