

NOVEMBER 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		Cross Camp MAUREEN		Cross Camp MAUREEN		
9:00 AM	Power Pump DENISE	Dance Party DENISE	Power Pump DONNA	Dance Party JESSICA	Beat! JESSICA	
10:00 AM	Zumba* KITTI	Muscle Mix KITTI	Zumba* NICOLE	Muscle Mix KITTI	Pilates KITTI	Cardio Blast ROTATION
11:00 AM	Yoga Flow SANDRA	Hatha Yoga KATHY	Yoga Flow HALEY	Hatha Yoga KATHY		Yoga Flow ROTATION
3:00 PM	AB Line Dancing JOE	Beginner Line Dancing JOE				
5:00 PM	Power Pump DONNA	Core & More MAUREEN	G.R.I.T. MAUREEN	Zumba* HIROMI		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Cycle JACQUE		Power Cycle LINDA		Power Cycle INGRID	
9:00 AM						Power Cycle ROTATION

POOL

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

TRX® STUDIO

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

VIRTUAL WORKOUT

24/7

#TOOFITTOQUIT

CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!
Seven days a week online at RanchOcala.com/Virtual-Fitness.

SPECIAL PROGRAMMING

TRX® FLOATING FLEXIBILITY
THURSDAY NOVEMBER 4, 2021 • 9:00AM • TRX® STUDIO

