

CANTON

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
Aqua Moves 7:45-8:30a		Aqua Moves 7:45-8:30a				18780 I-20 Service Rd Canton, TX. 75103 (903) 567-4590
Yoga 8:30-9:30a	Cycle 8:30-9:30a	Total Body Fitness 8:30-9:30a		BOOTCAMP 8:30-9:30a		
Chair Yoga 9:35-10:20a 		Forever Fit 9:35-10:05a	Aqua Moves 10:10-11:10a		Forever Fit 9:35-10:05a	
					Club Hours: 24/7 Access Pool Hours: 24/7 Access *Pool/Spa closed for Physical Therapy: M-F 8:45-9:35a & 2-3p	
Cycle/Strength 5:30-6:30p				Total Body Fitness 5:30-6:30p	*Please note class schedule is modified periodically to address member feedback, class popularity, & participation level. Classes with low participation level (less than 5 per class) are subject to cancellation.	
Aqua Moves 6:35-7:35p				Aqua Moves 6:35-7:35p		