

CANTON GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	
Aqua Moves 7:45-8:30a Connie		Aqua Moves 7:45-8:30a Connie				18780 I-20 Service Ro Canton, TX. 75103	
						(903) 567-4590	
Power Yoga 8:30-9:30a Connie	Cycle 8:30-9:30a Charlotte	Total Body Fitness 8:30-9:30a Charlotte		8:30-9:30a Charlotte			
Chair Yoga 9:35-10:20a Chair Yoga Connie		Forever Fit 9:35- 10:05a Charlotte	Aqua Moves 10:10- 11:10a Charlotte		Forever Fit 9:35-10:05a AshLyn		
					Club Hours: 24/7 Access		
					Pool Hours: 24/7 Access		
Cycle/Strength 5:30-6:30p Charlotte				Cycle 5:30-6:30p Charlotte	*Pool/Spa closed for Physical Therapy: M-F 8:45-9:35a & 2-3p		
Aqua Moves 6:35-7:35p Charlotte				Aqua Moves 6:35-7:35p Charlotte	*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.		