


# CANTON

## GROUP FITNESS SCHEDULE

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