

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
9:00 AM - 9:45 AM CROSS TRAINING WITH JADA AT MT. BATTEN	7:00 AM - 7:45 AM STRENGTH AT FITNESS CENTER	9:00 AM - 9:45 AM POUND WITH ALICIA AT MT. BATTEN	7:00 AM - 7:45 AM STRENGTH AT FITNESS CENTER	9:00 AM - 9:45 AM CROSS TRAINING WITH ALICIA OR JADA AT MT. BATTEN	10:00 AM - 10:45 AM YOGA AT MT. BATTEN
	8:00 AM - 8:45 AM AQUA AT GOLF CLUB POOL		8:00 AM - 8:45 AM AQUA AT GOLF CLUB POOL		
10:00 AM - 10:45 AM STRENGTH WITH JADA AT FITNESS CENTER	9:00 AM - 9:45 AM YOGA AT MT. BATTEN	10:00 AM - 10:45 AM STRENGTH WITH ALICIA AT FITNESS CENTER	9:00 AM - 9:45 AM YOGA AT MT. BATTEN	10:00 AM - 10:45 AM STRENGTH WITH ALICIA OR JADA AT FITNESS CENTER	11:00 AM - 11:45 AM AQUA AT GOLF CLUB POOL
11:00 AM - 11:45 AM AQUA WITH JADA AT GOLF CLUB POOL	10:00 AM - 10:45 AM CHAIR YOGA AT MT. BATTEN	11:00 AM - 11:45 AM AQUA WITH ALICIA AT GOLF CLUB POOL	10:00 AM - 10:45 AM CHAIR YOGA AT MT. BATTEN	11:00 AM - 11:45 AM AQUA WITH ALICIA OR JADA AT GOLF CLUB POOL	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
6:00 PM - 6:30 PM CROSS TRAINING WITH JADA AT FITNESS CENTER	5:30 PM - 6:15 PM PILATES FUSION WITH JADA AT MT. BATTEN		5:30 PM - 6:15 PM PILATES FUSION WITH JADA AT MT. BATTEN	6:00 PM - 6:45 PM CROSS TRAINING WITH JADA AT FITNESS CENTER	
6:30 PM - 7:00 PM STRETCH & BALANCE WITH JADA AT FITNESS CENTER	6:30 PM - 7:15 PM WATER VOLLEYBALL WITH JADA AT GOLF CLUB POOL	6:00 PM - 6:30 PM CROSS TRAINING WITH JADA AT FITNESS CENTER	6:30 PM - 7:15 PM WATER VOLLEYBALL WITH JADA AT GOLF CLUB POOL		
		6:30 PM - 7:00 PM STRETCH & BALANCE WITH JADA AT FITNESS CENTER			