


# JUNE

## Group Fitness Schedule 2019

**Center Hours:**  
**Mon-Fri** 5am-9pm  
**Sat** 7am-7pm  
**Sun** 1pm-5pm



800 South Park Lane  
 641-828-0580  
[www.knoxvilleia.gov](http://www.knoxvilleia.gov)

	Monday	 Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-5:30am		<b>Aqua Fury</b>				
5:10-5:55am	Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind		7:15-8:15am
6:00-6:45am	Power Pump		Power Step	Cycle Mix UP	Butts & Guts	Cycle Mix up
7:30-8:00am	<b>Silver Splash®</b>	<b>Aqua Rhythm</b>	<b>Aqua Light &amp; Lively</b>	<b>Aqua Revive</b>	<b>H2O Stroll</b>	8:30-9:30am
8:05-8:35am	<b>Deep Flow</b>	<b>Wellness Waves</b>	<b>Deep Voyage</b>	<b>Aqua Restore</b>	<b>Deep Strength</b>	<b>Aqua Explode</b>
8:15-9:00am		PiYo® AM		Ampd Powerflow®	Yoga Flex	
10:00-10:45am	Silver Sneakers Circuit®	Boom Move®	Boom Muscle®	Boom Mind®	Silver Sneakers Classic®	
5:30-6:15pm	Step It Up!	Zumba® <b>No Class June 11th</b>	Rhythm Ride	PiYo® PM		
6:20-7:00pm	<b>Aqua Zumba®</b>	<b>Deep Dynamite</b> <b>No Class June 11th</b>	<b>Wwow+Deep Jog</b>	<b>Aqua Blast</b>		

### Gym Schedule

Classes listed in black will have 1/2 gym available. Times opposite of what is listed in black will be full open gym. Please see front desk for questions! Thanks!

**Tuesday, June 11th**  
**Gym Closed 4:00-9:00pm for Home Swim Meet**



**NEW! 20min HIIT**  
**AQUA FURY**  
**Tuesdays 5:10-5:30am**

**KID Friendly Classes!** 1st grade & up welcome in **ALL** classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.