

# Fitness+ Class Schedule

| MON   | TUE                                       | WED   | THU   | FRI   | SAT                      | SUN                                       |
|---|---|---|---|---|--------------------------|---|
| 5:45 am<br>Hour of<br>Power<br>Kristin                                | **5:30 am<br>Wake Up!<br>Pam R.           | *5:30 HIIT<br>Pam R.  | **5:30 am<br>Wake Up!<br>Pam R.                         | 5:45 am<br>Hour of<br>Power<br>Kristin                                |                          |   |
| 8:00 am<br>FIRE<br>Aimee  | 8:30 am<br>Hour of<br>Power<br>Kristin    | 8:00 am<br>FIRE<br>Aimee  |   | 8:30 am<br>Hour of<br>Power<br>Kristin                                | 8:00 am<br>FIRE<br>Aimee |   |
| 9:05 am<br>Silver<br>Sneakers®<br>Classic<br>Jan                      |   | 9:05 am<br>Silver<br>Sneakers®<br>Classic<br>Jan                      |   |   |                          |   |
| 12:00-1:00pm<br>Water<br>Aerobics @<br>Syracuse<br>Aqua<br>Center-Jan |   | 12:00-1:00pm<br>Water<br>Aerobics @<br>Syracuse<br>Aqua<br>Center-Jan |   | 12:00-1:00pm<br>Water<br>Aerobics @<br>Syracuse<br>Aqua<br>Center-Jan |                          |   |
| 3:30-4:20 pm<br>4:25- 5:15 pm<br>Tumbling with<br>Aimee               |   |   | 3:30-4:20 pm<br>4:25- 5:15 pm<br>Tumbling with<br>Aimee |   |                          |   |
| 5:30 pm<br>FIRE<br>Aimee  |   | 5:15 pm<br>Hustle for<br>the Muscle<br>Pam H.                         | 5:30 pm<br>FIRE<br>Aimee                                |   |                          |   |
|   | **6:00 pm<br>Basic Flow<br>Yoga<br>Autumn |   |   |   |                          | **7:00 pm<br>Basic Flow<br>Yoga<br>Autumn |

\* 30 min class \*\* 45 min class All other classes 60 min

Fitness Plus, 940 12<sup>th</sup> Street, Syracuse, NE 68446

(402) 269.3760

Staffed Hours: Tuesday & Wednesday 8 am - 7 pm

Monday, Thursday & Friday 8 am - 5 pm