



KIRKWOOD FITNESS & RACQUETBALL CLUBS

NAAMANS ROAD (302) 529-1865

Monday

5:30 AM Functional Fit Training*
 6:30 AM Intro to Functional Fitness
 9:30 AM Zumba
 1:15 PM Aquacize
 5:30 PM Steps/Abs
 7:00 PM Zumba

Tuesday

8:00 AM Aquatone
 9:00 AM Fitness For Older Adults*
 6:00 PM Barre
 6:30 PM Aquacize
 6:30 PM Basic Boxing Training *
 7:00 PM Zumba

Wednesday

5:30 AM Functional Fit Training*
 6:30 AM Intro to Functional Fitness
 9:30 AM Zumba
 10:30 AM Yoga
 3:30 PM Aquacize
 5:30 PM Yoga-Laties
 6:30 PM Interval Step/Bootcamp

Thursday

7:30 AM Strength & Balance
 9:00 AM Fitness For Older Adults*
 6:00 PM Fat Burning Interval Training
 6:30 PM Aquacize
 7:00 PM Zumba

Friday

5:30 AM Functional Fit Training*
 6:30 AM Intro to Functional Fitness
 9:30 AM Zumba
 10:30 AM Core Challenge
 3:30 PM Aquacize
 6:35 PM Yoga

Saturday

8:30 AM Yoga
 9:00 AM Aquatone
 9:30 AM Instructor's Choice
 10:30 AM Core Conditioning

Sunday

8:05 AM Barre
 8:45 AM Yoga
 10:00 AM Functional Fit Training*
 11:00 AM Zumba

CLUB HOURS

Mon-Thur 5:00AM-10:00PM
 Friday 5:00AM-9:00PM
 Sat-Sun 8:00AM-4:00PM

Exercise floors close ½ hour and wet areas close 15 minutes before club closes.

*Space limited – Please sign in at front desk.

Rev: 1/15/18