



# 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

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  
 1:15 PM Aquacize  
 5:30 PM Yoga-Laties  
 6:30 PM Interval Step/Bootcamp

## Thursday

7:30 AM Strength & Balance  
 8:30 AM Fitness For Older Adults\*  
 9:30 AM Barre  
 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  
 1:15 PM Aquacize  
 6:35 PM Yoga

## Saturday

8:30 AM Yoga  
 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: 4/25/17