



**NORTH CENTRAL FLORIDA  
COMMUNITY CENTER**

# North Central Florida Community Center

Group Exercise Schedule

PHONE: (352) 374-9622

ADDRESS: 5201 NW 34TH BLVD GAINESVILLE FL 32605

MON	TUES	WED	THUR	FRI	SAT
	7 AM RM 1 BOOTCAMP /HIIT WITH KARLTON	7 AM RM 1 BOOTCAMP/HIIT WITH KARLTON	7 AM RM 1 BOOTCAMP/HIIT WITH KARLTON		
	8 AM RM 1 BOOTCAMP/HIIT WITH KARLTON	8 AM RM 1 BOOTCAMP/HIIT WITH KARLTON	8 AM RM 1 BOOTCAMP/HIIT WITH KARLTON		
9 AM RM 1 BODY COMBAT WITH HEATHER	9 AM RM 1 CIRCUIT BREAKER WITH KARLTON	9 AM RM 1 FUSION WITH HEATHER	9 AM RM 1 KARLTONS CLASS	9 AM MUSCLE UP WITH KARLTON	
10 AM RM 1 ZUMBA WITH KATIE	10 AM RM 1 YOGA WITH SUSAN	10 AM RM 1 ZUMBA WITH KATIE	10 AM RM 1 YOGA WITH SUSAN	10 AM RM 1 ZUMBA WITH KATIE	10 RM 1 BODY COMBAT WITH WHITNEY
1015 AM RM 2 SILVER SNEAKERS STABILITY WITH WHITNEY		11 AM RM 1 SILVER SNEAKERS ENERCHI WITH WHITNEY	1030 AM RM 2 SILVER SNEAKERS CLASSIC WITH WHITNEY		
		12 PM RM 2 ZUMBA GOLD WITH WHITNEY			
1 PM POOL AQUA AEROBICS WITH WHITNEY	1 PM POOL AQUATUNITY WITH WHITNEY	1 PM RM 1 BOOM MIND OR AQUA AEROBICS (POOL) WITH WHITNEY	1 PM POOL SILVER SNEAKERS SPLASH WITH WHITNEY	1 PM POOL SILVER SNEAKERS SPLASH WITH KATIE	
530 PM RM 2 HIIT WITH JULIE	530 PM RM 1 BODY COMBAT WITH WHITNEY	530 PM RM 2 HIIT WITH JULIE	6 PM RM 2 BODY COMBAT WITH DARLENA	530 PM RM 2 HIIT WITH JULIE	