

Group Fitness Schedule

Monday			
Time	Class	Instructor	Location
8:30-9:20 AM	Water Works	Monica	Pool

Tuesday			
Time	Class	Instructor	Location
8:00-8:50 AM	Yoga	Lori	Group Fitness Studio

Wednesday			
Time	Class	Instructor	Location
8:30-9:20 AM	Water Works	Monica	Pool

Thursday			
Time	Class	Instructor	Location
8:00-8:50 AM	Yoga	Lori	Group Fitness Studio

Friday			
Time	Class	Instructor	Location
8:30-9:20 AM	Water Works	Monica	Pool

UT Health Olympic Center Jacksonville Group Fitness Classes

Yoga

Focusing on movement corresponding with breath, this class flows from one pose to the next improving strength and balance, as well as reducing tension within the body. Utilizing modifications of the poses, yoga is appropriate for all fitness levels.

Water Works

Water Works is a complete non-impact workout that combines a variety of exercise techniques for overall body conditioning and toning. Different levels of resistive equipment are used. You do not have to know how to swim to participate.

Note: Classes and instructors are subject to change.

903-541-5520