

**Collier Community Fitness Center (CCFC) BLDG. 1949**  
Aerobics Room A

**Zoeckler Fitness Center, BLDG. 1296**  
Aerobics Room

<b>F</b> 1								1530 FUNCTIONAL STRENGTH
<b>S</b> 2			1030 STEP AEROBICS XHH ADV					
<b>Su</b> 3								
<b>M</b> 4		0915 LES MILLS BODYPUMP				0900 FUNCTIONAL STRENGTH		1800 CYCLE
<b>T</b> 5		0915 HIGH FITNESS		1800 ZUMBA			1015 ZUMBA	
<b>W</b> 6		0915 LES MILLS BODYPUMP				0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
<b>Th</b> 7	0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION				1015 ZUMBA		1730 STEP AEROBICS XHH BEG
<b>F</b> 8	0800 TONING & SCULPT	0915 HIGH FITNESS	1030 TONING & SCULPT					1530 FUNCTIONAL STRENGTH
<b>S</b> 9	0800 TONING & SCULPT	0900 CARDIO DANCE FUSION	1030 STEP AEROBICS XHH ADV					
<b>Su</b> 10								
<b>M</b> 11	0800 CIRCUIT TRAINING (HIIT)		1030 CARDIO DANCE FUSION			0900 FUNCTIONAL STRENGTH		1800 CYCLE
<b>T</b> 12	0800 TONING & SCULPT		1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA			1015 ZUMBA	
<b>W</b> 13	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1100 TONING & SCULPT			0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
<b>Th</b> 14	0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION				1015 ZUMBA		
<b>F</b> 15	0800 TONING & SCULPT	0915 HIGH FITNESS	1030 TONING & SCULPT					1530 FUNCTIONAL STRENGTH
<b>S</b> 16	0800 TONING & SCULPT	0900 CARDIO DANCE FUSION						
<b>Su</b> 17								
<b>M</b> 18	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1030 CARDIO DANCE FUSION			0900 FUNCTIONAL STRENGTH		1800 CYCLE
<b>T</b> 19	0800 TONING & SCULPT	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA			1015 ZUMBA	
<b>W</b> 20	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1100 TONING & SCULPT			0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
<b>Th</b> 21	0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION				1015 ZUMBA		
<b>F</b> 22	0800 TONING & SCULPT		1030 TONING & SCULPT					1530 FUNCTIONAL STRENGTH
<b>S</b> 23								
<b>Su</b> 24								
<b>M</b> 25	<b>MEMORIAL DAY HOLIDAY</b>							
<b>T</b> 26	0800 TONING & SCULPT	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA			1015 ZUMBA	
<b>W</b> 27	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1100 TONING & SCULPT				1730 ZUMBA
<b>Th</b> 28		0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION			1015 ZUMBA		
<b>F</b> 29	0530 VINYASA FLOW YOGA	0800 TONING & SCULPT	0915 HIGH FITNESS	1030 TONING & SCULPT				1530 FUNCTIONAL STRENGTH
<b>S</b> 30		0800 TONING & SCULPT	0900 CARDIO DANCE FUSION					
<b>Su</b> 31								

Classes are \$4 payable at the front desk where the class is located or purchase a Punch Pass. Buy 10 classes and get one free with a \$40 Punch Pass that is tied directly to your DoD ID card. Punch Passes are non-refundable and non-transferrable. *Punch Passes expire 90 days after purchase date.*

All class participants must check in at the front desk to collect a class registration receipt. Must be 18 years or older (17 if Active Duty) to participate. *Class entry closes 10 minutes after starting.*

