
















# ONION CREEK CLUB GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Circuit 60 6:00 AM	 Sunrise Vinyasa 6:00AM	 Circuit 60 6:00 AM	 Yoga Sweat 6:00AM	 Circuit 60 6:00 AM		 Circuit 60 9:00 AM
Strength & Balance 8:00AM	 Aqua HIIT 7:00AM	Strength & Balance 8:00 AM	 Aqua HIIT 7:00AM	 Aqua Zumba 7:00AM		
Strength & Balance 9:00 AM	 Chair Challenge 9:00 AM	Strength & Balance 9:00 AM	 Core & Recovery 10:00AM	 Chair Challenge 9:00 AM		
Boxing 6:00PM	 Hatha Flow 5:00PM	Boxing 6:00PM	 Hatha Flow 6:00PM			
	 Muscle Specific Strength 6:00pm					

 **Complimentary Class**

 **Fitness Premier Session**  
\$15 DROP-IN FOR NON FITNESS PREMIER MEMBERS



**Sign-Up for Classes on ForeTees!**