



MON-FRI: 6AM-8:30PM
SAT: 8AM-3PM

MEMBERSHIP:
\$15/MONTH OR \$150/YEAR
BIT.LY/ABRAHAMSFITNESS

	MON	TUE	WED	THU	FRI	SAT
8AM	Morning Stretch		Morning Stretch		Morning Stretch	
10:15AM	HUNTER'S MIND OVER STRETCH	30 Min	HUNTER'S MIND OVER STRETCH	30 Min	HUNTER'S MIND OVER STRETCH	Hatha Yoga®
11AM	FIT FUN		FIT FUN		FIT FUN	SE
12PM	ZUMBA® \$7/CLASS		ZUMBA® \$7/CLASS			
2PM		Rolling It!				
3PM						
4:30PM	30 Minute LIGHT WEIGHTS	CORE ESSENTIALS	30 Minute LIGHT WEIGHTS	CORE ESSENTIALS		
5:30PM		ZUMBA® \$7/CLASS		ZUMBA® \$7/CLASS		
6PM	Dance Lesson with Rikter		Dance Lesson with Rikter			
7PM		TRI-YOGA® \$7/CLASS				Revised 05/07/2024

Ethan

Janiya

Lea Ann

Rikter

The Joe Abrahams Fitness Center, closed for hurricane repairs, is expected to reopen at the end of May. The new schedule will be posted as soon as it is available. Thank you for your patience.