



**EnerGYM
NorthJAX**

Class Schedule

MONDAY

10:00a - **Silver Sneakers® Fit** - N. Main St
6:00p - **Zumba®** - N. Main St
6:00p - **HIIT** - Faye Rd
7:00p - **Zumba®** - Faye Rd

TUESDAY

9:00a - **Hourglass (Lower Body)** -
N. Main St
10:30a - **Silver Sneakers®** - N. Main St
11:30a - **Yoga** - N. Main St
5:30p - **Yoga** - N. Main St
6:30p - **Body Toning** - N. Main St

WEDNESDAY

10:00a - **Silver Sneakers® Fit** - N. Main St
6:00p - **MixedFit®** - N. Main St
6:00p - **HIIT** - Faye Rd

THURSDAY

9:00a - **Crunches & Curls (Upper Body)** -
N. Main St
10:30a - **Silver Sneakers®** - N. Main St
11:30a - **Yoga** - N. Main St
5:30p - **Yoga** - N. Main St
7:00p - **Zumba®** - Faye Rd

FRIDAY

9:00a - **Tabata** - N. Main St
10:00a - **Silver Sneakers® Basic Line
Dance** - N. Main St
6:00p - **Zumba®** - N. Main St
6:00p - **MixedFit®** - Faye Rd

SATURDAY

energymnorthjax.com/classes