






# Trufitness Group Exercise Schedule

Updated 12/20/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-7:45am <b>Intervals</b> with Shaune	6:00am-6:50am <b>Aqua Cardio</b> with Alicia	9:00-10:00am <b>BOOT CAMP</b> with Shaune	6:00am-6:50am <b>Aqua Intervals</b> with Alicia	7:00-7:45am <b>HIIT</b> with Ashley	9:15-10:15am <b>Water Tabata</b> with Kate & Linda*
	9:00-9:45am  with Deb	5:30pm-6:15pm  with Lindy	10:00-10:55am  Yoga & Balance w/Shayne	8:15-9:10am <b>Stretch &amp; Tone</b> with Jody		<b>Rotating Saturday Land Classes 8:30-9:30am</b>
	10:00-10:50am <b>Total Body Circuit</b> "Silver Sneakers" w/Deb	5:30pm-6:15pm <b>HIIT</b> with Ashley	5:30-6:30  with Sue	9:15-10:10am <b>Stretch &amp; Tone</b> with Jody		Jan 1st <b>Cardio Strength</b> with Deb
	5:30pm-6:15pm <b>Cardio Strength</b> with Kate			5:30pm-6:15pm  with Lindy		Jan 8th <b>R.I.P.P.E.D</b> with Sue
				5:30pm-6:15pm <b>Yoga and Stretch</b> with Ashley		Jan 15th <b>Cardio Strength</b> with Kate
						Jan 22nd <b>HIIT</b> with Ashley

## Supervised Swim Times\*\*

Monday - 7am, 8am, 12pm, 1pm, 4pm, 5pm  
 Tuesday - 10am, 11am, 12pm, 1pm  
 Wednesday - 7am, 8am, 12pm, 1pm, 4pm, 5pm  
 Thursday - 10am, 11am, 12pm, 1pm  
 Friday - 7am, 8am, 12pm, 1pm, 4pm, 5pm  
 Saturday - 7am, 8am



and stay up to date on class cancellation, closing, ect....

**Hours Of Operation: Monday-Thursday 5:30a - 8p Friday 5:30a - 7p Saturday 7a - 6p Sunday 7a - 5p**

315-378-0617 www.trufitnessny.com

\*Please note during these water classes there is no open swim available

\*\*Fee required to take class

