




Trufitness Group Exercise Schedule

Updated 03/01/2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-7:45am Intervals with Shaune	6:00am-6:50am Aqua Cardio with Alicia	9:00-10:00am BOOT CAMP with Shaune	6:00am-6:50am Aqua Intervals with Alicia	7:00-7:45am HIIT with Ashley	9:15-10:15am Water Tabata with Kate & Linda*
	9:00-9:45am  with Deb	9:00-9:50am  Classic w/Judy	10:00-10:55am  Yoga & Balance w/Shayne	8:15-9:10am Stretch & Tone with Jody		
	10:00-10:50am Total Body Circuit "Silver Sneakers" w/Deb	5:30pm-6:15pm HIIT with Ashley		9:15-10:10am Stretch & Tone with Jody		
	5:00pm-5:45pm Cardio Strength with Kate			5:30pm-6:15pm Yoga with Jeanine		

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

