









Trufitness Group Exercise Schedule

Updated 06/18/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:45am Intervals with Shaune	6:00am-6:50am* Aqua Bootcamp Boards with Alicia**	9:00-10:00am BOOT CAMP with Shaune	9:00-10:00am BOOT CAMP with Shaune	6:00am-6:50am* Aqua Cardio & Strength 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 SilverSneakers  Classic w/Judy	10:00-10:55am SilverSneakers  Yoga & Balance w/Shayne	10:00-10:55am SilverSneakers  Yoga & Balance w/Shayne	7:45-8:35am Stretch & Tone with Jody		Rotating Saturday Land Classes 8:30-9:30am
10:00-10:50am Total Body Circuit "Silver Sneakers" w/Deb	5:30pm-6:15pm*  with Lindy**	5:30-6:30  with Sue	5:30-6:30  with Sue	8:45-9:35am Stretch & Tone with Jody		June 18th Cardio Strength with Kate
5:30pm-6:15pm Cardio Strength with Kate	5:30pm-6:15pm HIIT with Ashley			5:30pm-6:15pm*  with Lindy**		June 25th Total Body Circuit with Deb
				5:30pm-6:15pm Yoga with Jeanine		July 2nd Cardio Strength with Kate
						July 9th Intervals with Shaune
						July 16th Total Body Circuit with Deb

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

**Aqua classes Included with Premium Membership

