



2502 23<sup>rd</sup> Ave.  
 Central City, NE 68826  
 308-946-2974

## Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Studio Cycling Pure Strength	Kick-Fit	Studio Cycling	Kick-Fit Pure Strength	Studio Cycling
8:00 AM	Pilates	Studio Cycling		Studio Cycling	Pilates
9:00 AM	<b>Aquacize</b>		<b>Aquacize</b>		<b>Aquacize</b>
5:30 PM	<b>Water Aerobics</b> Zumba			<b>Water Aerobics</b> Zumba	
6:00 PM		Studio Cycling		Studio Cycling	
6:30 PM	Pure Strength			Pure Strength	
7:30 PM	YOGA			YOGA	

**Fitness Classes in bold are in the pool.**