

2024 Fruit Cove Fitness Spring Schedule

Monday

6:00am C.T. (Cross Training)

8:00am C.T.

9:00am Corelates*

9:30am BoxFit*

9:30am C.T.*

5:30pm C.T.

Wednesday

6:00am C.T.

8:00am C.T.

9:30am C.T.*

9:30am Functional Fit. Circuit*

9:45am 4th Trimester**

Friday

6:00am C.T.

8:00am C.T.

9:30am C.T.*

9:30am Low Impact Circuit*

10:30am Active Older Adults

www.FruitCove.com/Fitness

Tuesday

6:00am Strength & Core Cndtng

8:30am TRX

9:30am Strength & Core Cndtng*

9:30am Low Impact Circuit*

10:30am Active Older Adults

5:30pm Strength & Core Cndtng

6:30pm C.T.

Thursday

6:00am Strength & Core Cndtng

9:00am TRX

10:00am Strength & Core Cndtng

5:30pm Strength & Core Cndtng

6:30pm C.T.

Saturday

9:00am C.T. (Free Class)

*Childcare is available (email class/child info to childcare@fruitcove.com)

**Begins Jan 10th (6 week class w/ unique registration)

Underlined classes are located in our ROC Gym

All other classes are located in the Annex bldg.

Please refer to the website and/or social media for any special holiday scheduling or updates