

Buckeye Recreation Center Fall 2022 Fitness Calendar

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
8AM			SPIN		SPIN		
9AM		ZUMBA	PILATES		BOOTCAMP	ZUMBA	
10AM		WORK IT CIRCUIT	BALANCE & CORE	YOGA	RECOVERY	WORK IT CIRCUIT	
11AM				TRX			
2PM	INTERMEDIATE PICKLEBALL						
3PM			Clogging				
4PM			INTERMEDIATE PICKLEBALL		INTERMEDIATE PICKLEBALL	INTERMEDIATE PICKLEBALL	
6PM				Spin/ HIIT			