



FIN'S UP FITNESS CENTER

Weekly Schedule

MONDAYS

10 AM - Cardio Step
11 AM - Yin Yoga
5:30 PM - Mat Pilates

TUESDAYS

9:30 AM - Body Blast
10:30 AM - Mat Pilates

WEDNESDAYS

5:30 PM - Body Blast

THURSDAYS

9:30 AM - Line Dance Cardio
10:30 AM - Mat Pilates

FRIDAYS

9:30 AM - Cardio Step
10:30 AM - Yin Yoga
11:30 AM - Margaritaville Moves

SATURDAYS

11:30 AM - Margaritaville Moves

Classes are free for Members and \$20 for Member guests.



MARGARITAVILLE[®]
Lake Resort
LAKE CONROE • HOUSTON