GX FITNESS SCHEDULE

Effective November 2026

FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM (Gym/Studio)		**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)			
8:00 AM (GX Room)		**ZUMBA TONING** Yuko (45m)	**STRETCHING** Amy (45m)	**ZUMBA TONING** Yuko (45m)			
9:00 AM (GX Room)	**ZUMBA GOLD** Yuko (45m)		**ZUMBA GOLD** Yuko (45m)	**MAT PILATES** Marissa (60m)	**ZUMBA GOLD** Yuko (45m)	**TAI-CHI** AI (45m)	
9:00 AM (Gym/Studio)	**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)		
9:30 AM (GX Room)		**CHAIR YOGA** Supriya (45m)					
10:00 AM (GX Room)	**SENIOR FIT** Ethan (45m)		**SENIOR FIT** Ethan (45m)	**FLOW YOGA** Marissa (60m)	**SENIOR FIT** Ethan (45m)	**FITNESS CHALLENGE*** Diego (60m)	
10:00 AM (Gym/Studio)	**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)		
10:30 AM (GX Room)		**HATHA YOGA** Supriya (45m)					
11:00 AM (GX Room)					**ZUMBA TONING** Yuko (45m)		
3:00 PM (GX Room)		**ZUMBA TONING** Yuko (45m)		**ZUMBA TONING** Yuko (45m)	**ZUMBA TONING** Yuko (45m)		
4:00 PM (Gym/Studio)		**FITNESS CHALLENGE*** Amy (60m)		**FITNESS CHALLENGE*** Amy (60m)			
5:30 PM (GX Room)		**YOGA** Jaime (60m)		**YOGA** Jaime (60m)			
6:00 PM (GX Room)	**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)		
7:00 PM (Gym/Studio)	**FITNESS CHALLENGE*** Diego (60m)		**FITNESS CHALLENGE*** Diego (60m)				

Classes subject to change without notice

*PREMIUM CLASSES: Powered by IMPULSE

Reach out to FP IMPULSE to register.

ROSEN AQUATIC & FITNESS CENTER

8422 International Drive, Orlando FL 32819

407-996-3444 RosenAquatic.com

GX FITNESS SCHEDULE

AQUATICS

Effective November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM (Teaching Pool)		**HYDROFIT** Felipe (45m)		**HYDROFIT** Felipe (45m)			
8:30 AM (Teaching Pool)	**AQUACISE** Ethan (45m)		**AQUACISE** Ethan (45m)		**AQUACISE** Ethan (45m)		
10 AM (Teaching Pool)	**AQUA ZUMBA** Yuko (45m)	**AQUA ZUMBA** Yuko (45m)	**AQUA ZUMBA** Yuko (45m)	**AQUA ZUMBA** Yuko (45m)	**AQUA ZUMBA** Yuko (45m)		
11 AM (Teaching Pool)	**AQUACISE** Ethan (45m)		**AQUACISE** Ethan (45m)		**AQUACISE** Ethan (45m)		

Scan the QR code for more class descriptions.

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