

# NASHVILLE FITNESS CENTER

## DAILY CLASS SCHEDULE

Welcome to your daily fitness routine guide. To ensure everyone's comfort and access, classes have been curated with optimized popular hours. Please register at the front desk or via the online portal.

### MONDAYS

07:15 AM	Morning Stretch & Flow
10:00 AM	Silver & Strong Seniors
05:30 PM	Total Body Conditioning

### TUESDAYS

08:30 AM	Core & Mat Pilates
10:00 AM	Chair Yoga & Balance
05:30 PM	Kickboxing Lite

### WEDNESDAYS

07:15 AM	Morning Stretch & Flow
10:00 AM	Silver & Strong Seniors
05:30 PM	Olympic Strength Build

### THURSDAYS

09:00 AM	Power Sculpt & Tone
10:00 AM	Chair Yoga & Balance
05:30 PM	Low-Impact Aerobics

### FRIDAYS

07:15 AM	Morning Stretch & Flow
10:00 AM	Silver & Strong Seniors
05:30 PM	Endurance Cycling

### WEEKENDS

Sat 09:30 AM	Vinyasa Flow
Sun 11:15 AM	Zen Meditation

**Need assistance booking a slot or reading our online portal?** Please stop by the front desk! Our staff is happy to register your classes for you manually.