







CAMBRIDGE FITNESS

Apex

OPTIMAL HEALTH.
OPTIMAL LIVING.

GROUP EXERCISE SCHEDULE

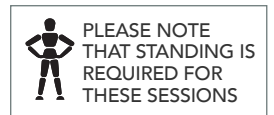
		MON	TUES	WED	THURS	FRI
9:30 A	WELLNESS	Hip & Core	Upper Body Strength 	Tai Chi	Lower Body Strength 	Advanced Balance 
10:15 A	WELLNESS	Joint Health	Upper Body Strength	Mobility & Flexibility	Lower Body Strength	Basic Balance 
11:00 A	WELLNESS			Mobility & Flexibility		Gentle Yoga
2:00 P	WELLNESS		Total Body Strength	Gentle Yoga		Total Body Strength
3:30 P	POOL		Aqua Aerobics		Aqua Aerobics	

SIGN UP: Please register using Touchtown or by seeing a wellness staff member for assistance.

All group exercise sessions will be held in the wellness studio (capacity limit: 14)

Aqua sessions will be held in the pool (capacity limit: 8)

NOTE: Until further notice, masks are required. Participants must sanitize their hands and complete a temperature check before each session.



WELLNESS DESK 919.629.8151

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