

The Fitness Centre & Day Spa



At Florida Hospital Celebration Health

Fitness Centre Hours:

Monday - Friday 5:00am - 10:00pm
Weekends 7:00am - 7:00pm

Childcare Hours:

Monday - Friday 9:00am - 1:00pm
Monday - Thursday 4:00pm - 8:00pm
Weekends 9:00am - 2:00pm

For questions or for information call the Fitness Centre front desk at (407) 303-4400

GROUP FITNESS WATER SCHEDULE

	9:30am	10:00am	11:00am	12:00pm	2:00pm	6:00pm	7:00pm	8:00pm
Monday		Shallow H2O Cardio Marcia/Julie H		Arthritis Fibromyalgia Evelyn	Sharks & Minnows			
Tuesday			Wave Runners Rayann					
				Pre-Natal H2O Rayann	Sharks & Minnows			
Wednesday	Aquatic Fitness Challenge Julie H			Arthritis Fibromyalgia Julie H	Sharks & Minnows			
						Pre-Natal H2O Marion		
Thursday			Wave Runners Rayann		Sharks & Minnows			
				Pre-Natal H2O Helen				
Friday				Arthritis Fibromyalgia Julie H	Sharks & Minnows			

www.CelebrationFitness.com