

MODIFIED GROUP CLASS SCHEDULE - NOVEMBER 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio
Lap Pool

Cycling Studio
Therapy Pool

Mind/Body Studio
Fitness Floor

Basketball Court

MONDAY
5:30 am Kickboxing [45min] —Rebecca
7:30 am Deep Water [45min] —Jess
8:15 am Cycling [45min] —Karri/Tasha
8:30 am Cardio Strength [45min] —Stacey
8:30 am Gentle Yoga [75min] —Kay
9:30 am Deep Water [45min] —Sheryl/Sharon
10 am Strength & Balance [30min] —Glenda
10:45 am All Circuit [45min] —Sheryl/Karri
10:45 am Strength & Balance [30min] —Glenda
11:30 am Tai Chi [45min] —Glenda
4:30 pm Zumba [45min] —Frankie
4:30 pm Pilates [45min] —Rebecca
5:30 pm Aqua Chi [45min] —Glenda
5:30 pm Strength Training [45min] —Rebecca

TUESDAY
5:30 am Total Strength [45min] —Rebecca
5:30 am Cycling [45min] Sara
5:30 am Mat Pilates [45min] —Karri
6:20 am Core & More [15min] —Fitness Staff
7:30 am Deep Water [45min] —Jess
8:30 am Pilates Sculpt [45min] —Karri
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Shallow Water [45min] —Sheryl
9:25 am Total Strength in 30 [30min] —Karri
9:30 am Aqua Chi [45min] —Glenda/Sheryl
10 am Just Stretch [30min] —Teresa
4:30 pm Strength Training [45min] —Rebecca
5:30 pm Cycling [45min] —Ashley/Rebecca
5:30 pm Gentle Yoga [60min] —Kat

WEDNESDAY
5:30 am Zumba [45min] —Mary
5:30 am Bootcamp [45min] —Rebecca
8:15 am Cycling [45min] —Tasha
8:30 am Bootcamp Circuit [45min] —Karri
8:30 am Gentle Yoga [75min] —Ann
8:30 am Shallow Water [45min] —Jess
9:15 am ROM [45min] —Sheryl
10 am Strength & Balance [30min] —Glenda
10:45 am Groove Lite [45min] —Karri
10:45 am Strength & Balance [30min] —Glenda
11:30 am Tai Chi [45min] —Glenda
4:30 pm Pilates Sculpt [45min] —Rebecca
5:30 pm Step [45min] —Rebecca
6:20 pm Strength in 30 [30 min] —Rebecca

THURSDAY
5:30 am Strength Training [45min] —Rebecca
5:30 am Cycling [45min] —rotation
7:30 am Deep Water [45min] —Jess
8:30 am Pilates Sculpt [45min] —Karri
8:30 am Gentle Yoga [75min] —Teresa
9:25 am Total Strength in 30 [30min] —Karri
9:30 am Deep Water [45min] —Sheryl
10 am Just Stretch [30min] —Teresa
4:30 pm Zumba [45min] —Frankie
5:30 pm Cycling [45min] —Sara
5:30 pm Total Body HIIT [45min] —Rebecca
5:30 pm Vinyasa Flow Yoga [60min] —Kat

FRIDAY
5:30 am Athletic Conditioning [45min] —Rebecca
5:30 am Mat Pilates [45min] —Karri
6:20 am Core & More [15min] —Fitness Staff
8:15 am Cycling [45min] —Tasha
8:30 am Tabata [30min] —Karri
8:30 am Yin Yoga [75min] —Kay
8:30 am Independent Power Hour Shallow Water [45min]
9:05 am Total HIIT [45min] —Karri
10 am Strength & Balance [30min] —Glenda
10:45 am Growing Stronger (45 min) —Kay
10:45 am Strength & Balance [30min] —Glenda
4:30 pm Kickboxing [45min] —Rebecca
5:20 pm Strength in 30 [30min] —Rebecca

SATURDAY
8:15 am Cycling [45min] —rotation
8:15 am Mat Pilates [45min] —rotation
9:15 am Yoga [75min] —rotation
9:15 am Zumba [60min] —rotation