

MODIFIED GROUP CLASS SCHEDULE - MARCH 2023

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 | Cycling Studio | Mind/Body Studio | Basketball Court |
| Lap Pool | Therapy Pool | Fitness Floor | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|
| 5:30 am Kickboxing [45min] —Rebecca | 5:30 am Total Strength [45min] —Rebecca | 5:30 am Zumba [45min] —Mary | 5:30 am Strength Training [45min] —Rebecca | 5:30 am Athletic Conditioning [45min] —Rebecca | |
| | 5:30 am Cycling [45min] —Sara | 5:30 am Bootcamp [45min] —Rebecca | 5:30 am Cycling [45min] —rotation | | |
| | 5:30 am Mat Pilates [45min] —Karri | | | 5:30 am Mat Pilates [45min] —Karri | |
| | 6:20 am Core & More [15min] —Fitness Staff | | | 6:20 am Core & More [15min] —Fitness Staff | |
| 7:30 am Deep Water [45min] —Jess | 7:30 am Deep Water [45min] —Jess | | 7:30 am Deep Water [45min] —Jess | | |
| 8:15 am Cycling [45min] —Karri/Tasha | | 8:15 am Cycling [45min] —Tasha | | 8:15 am Cycling [45min] —Tasha | 8:15 am Cycling [45min] —rotation |
| 8:30 am Cardio Strength [45min] —Stacey | 8:30 am Pilates Sculpt [45min] —Karri | 8:30 am Bootcamp Circuit [45min] —Karri | 8:30 am Pilates Sculpt [45min] —Karri | 8:30 am Tabata [30min] —Karri | 8:15 am Mat Pilates [45min] —rotation |
| 8:30 am Gentle Yoga [75min] —Kay | 8:30 am Gentle Yoga [75min] —Teresa | 8:30 am Gentle Yoga [75min] —Ann | 8:30 am Gentle Yoga [75min] —Teresa | 8:30 am Gentle Yoga [75min] —Kay | |
| | 8:30 am Shallow Water [45min] —Sheryl | 8:30 am Shallow Water [45min] —Jess | | 8:30 am Independent Power Hour Shallow Water [45min] | 9:15 am Yoga [75min] —rotation |
| | 9:25 am Total Strength in 30 [30min] —Karri | 9:15 am ROM [45min] —Sheryl | 9:25 am Total Strength in 30 [30min] —Karri | 9:05 am Total HIIT [45min] —Karri | 9:15 am Zumba [60min] —rotation |
| 9:30 am Deep Water [45min] —Sheryl | 9:30 am Aqua Chi [45min] — Glenda/Sheryl | | 9:30 am Deep Water [45min] —Sheryl | | |
| 10 am Strength & Balance [30min] —Glenda | 10 am Just Stretch [30min] —Teresa | 10 am Strength & Balance [30min] —Glenda | 10 am Just Stretch [30min] —Teresa | 10 am Strength & Balance [30min] —Glenda | |
| 10:45 am All Circuit [45min] —Karri | | 10:45 am Groove Lite [45min] —Karri | | 10:45 am Growing Stronger [45 min] —Kay | |
| 10:45 am Strength & Balance [30min] —Glenda | | 10:45 am Strength & Balance [30min] —Glenda | | 10:45 am Strength & Balance [30min] —Glenda | |
| 11:30 am Tai Chi [45min] —Glenda | | 11:30 am Tai Chi [45min] —Glenda | | | |
| | | | 4:30 pm Zumba [45min] —Frankie | | |
| 4:30 pm Pilates Sculpt [45min] —Rebecca | 4:30 pm Strength Training [45min] —Rebecca | 4:30 pm Pilates Sculpt [45min] —Rebecca | | 4:30 pm Kickboxing [45min] —Rebecca | |
| | 5:30 pm Total Body HIIT [45min] —Shawni | | 5:30 pm Cycling [45min] —Sara | | |
| 5:30 pm Aqua Chi [45min] — Glenda | 5:30 pm Cycling [45min] —Ashley/Rebecca | | 5:30 pm Total Body HIIT [45min] —Rebecca | | |
| 5:30 pm Strength Training [45min] —Rebecca | 5:45 pm Gentle Yoga [60min] —Kat | 5:30 pm Step [45min] —Rebecca | 5:45 pm Vinyasa Flow Yoga [60min] —Kat | 5:20 pm Strength in 30 [30min] —Rebecca | |
| | | | | | |
| 6:30 pm Zumba [45min] —Mary | | 6:20 pm Strength in 30 [30 min] —Rebecca | | | |