

Group Exercise Schedule

STUDIO 1 / BB Court						
TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		★ Barre-Connect 30 - Erin	*Every 1st, 3rd & 5th Tues.			
8:00am	POWER Lori		POWER Lori			8:00am POWER rotation
8:30am				Group CORE Katie P.	POWER Joddy	
9:00am		Cardio Sculpt **Kristi				9:15am **ZUMBA rotation
9:15am	**ZUMBA Tiffany		ZUMBA rotation	Centergy Katie P	BarreConnect **Erin	
9:15am	HIIT-Strong45 Sharon		StepStrong **Cathy	Cardio Sculpt **Kristi		10:30am CENTERGY rotation
10:30am	ACTIVE Barb	● YOGA **Barbara	Centergy Laura C.	YOGA Lauren	*Check APP for Pop-Ups	
12:00pm	● Mobility Yoga/Gentle Sculpt		● PILATES Brenda	● CHAIR/GENTLE YOGA - Andrea	● PRIME TIME Sheryl	SUN
4:30pm	Centergy Janice	ACTIVE Joddy	★ VinyasaYOGA Andrea			8:30am BARRE CONNECT Erin
5:45pm		● YOGA Britney	POWER Lori			10:00 am YOGA rotation
7:00pm		★ ZUMBA **Javi				



We are excited to welcome you all back with our ever-expanding host of classes. We will continue to strive to meet and exceed your expectations and help grow your fitness goals. Please keep us posted on how we are doing. We are here for you!

★ - New Class or New Time

● - Smart Start These classes help ease new participants into their fitness regime. Keep in mind all classes are designed to accommodate multiple levels of fitness and ability.

** - Located on Basketball Court

STUDIO 2						
TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am	*Every 1st & 3rd Mon.		★ TOUR-45 Lolita		★ TOUR-45 Eirin	
6:00am	★ Speed Cycle Eirin					9:00am TOUR-45 rotation
6:30am		★ FusionCycle Sandy				
8:30am	★ Tour-45 Brooke		TOUR-45 Bob		TOUR-60 Bob	
11:15am		●		● Silver Cycle Lolita/Barbara		
12:00pm		● Silver Cycle Lolita		*Every 1st & 3rd Thurs.		SUN
6:00pm		TOUR-45 Eirin		Speed Cycle Lolita		9:00am TOUR-45 rotation
Reservations given to alternates 5 minutes prior to class start						

AQUA CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
10:00am	● AQUA - SC Star		AQUA -SC Brooke/Sharon	AQUA -SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
<p style="text-align: center;">AQUA INFO LC = Long Course SC = Short Course</p> <p style="text-align: center;">In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please</p>						

Online Reservations GET THE APP !



Reservations required for ALL CLASSES
You can use the App or call Front Desk
-Sign up 1 day in advance
-Check in at Front Desk

Need to Cancel Reservation?
Please do so at least 1 hour prior to make room for waitlist
Reservations given to waitlist 5 minutes prior to start time.

CLUB HOURS
M-Thr 5am -9pm
Fri. 5am -8pm
Sat: 7am -7pm
Sun: 7am -6pm

KIDS CLUB
Mon.-Fri. 8am-1pm
Sat - 8am-12pm
Reservations required
Contact - 805-226-4343