

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 Julie	Centergy Katie P	BarreConnect **Erin	
9:15am	HIIT-Strong Kristi		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	VinyasaYOGA Andrea ★	ACTIVE Joddy				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.

★ - 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

** - Located on Basketball Court

STUDIO 2

TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am		★ FusionCycle Sandy	TOUR-45 Lolita		TOUR-45 Eirin	
6:00am						9:00am TOUR-45 rotation
6:30am						
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 rotation	★ AQUA -SC rotation	★ AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
<p>AQUA INFO LC = Long Course SC = Short Course</p>						

In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please

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

CLUB HOURS

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

KIDS CLUB

Mon.-Fri. 8am-1pm
Tues. 4-7:30
Sat - 8am-12pm
Reservations required
Contact - 805-226-4343