

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 Crystal		POWER Lori			8:00am POWER rotation
8:30am				Group CORE Katie P.	POWER Joddy	
9:00am		Cardio Sculpt **Kristi				9:15am **ZUMBA rotation
9:00am		★ BARRE Rachel	BARRE 1st, 3rd & 5th Tues.			
9:15am	**ZUMBA Tiffany		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin	10:30am CENTERGY rotation
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi		
10:30am	ACTIVE Barb	● YOGA **Barbara	Centergy rotation	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		ACTIVE Joddy				8:30am BARRE CONNECT Erin
5:00pm	★ CENTERGY Chelsea		★ BLAST-45 Shannon			10:00 am YOGA rotation
5:45pm		● YOGA Britney		★ POWER Sarah		
6:00pm	*POWER-30 coming soon		★ 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	★ Tour-45 Saulo/Kaitlin		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 Barbara		*Every 1st & 3rd Thurs.		SUN
6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		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 Renee	★ AQUA - SC Libby/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
AQUA INFO LC = Long Course SC = Short Course						

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. 4-7:00
- Sat - 8am-11pm
- Reservations required
- Contact - 805-226-4343