



Group Exercise Schedule

STUDIO 1 / BB Court							STUDIO 2						
TIME	MON	TUES	WED	THURS	FRI	SAT	TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Barre-Connect 30 Erin				8:00am POWER rotation	5:30am			TOUR-45 Lolita/Victor			9:00am TOUR-45 rotation
8:00am	POWER Crystal		POWER Lori				6:00am						
8:30am				Group CORE Kristi/Sheryl	POWER Ashley		6:30am						
9:00am		Cardio Sculpt **Kristi					8:30am			Spivi Tour-45 Bob		Spivi Tour-60 Bob	
9:00am		BARRE Rachel					11:00am				Spivi Silver Cycle		
9:15am	**ZUMBA Tiff/Heather		ZUMBA Julie	Centergy Tiffaney	BarreConnect **Erin	9:15am **ZUMBA rotation	12:00pm		Spivi Silver Cycle Barbara				SUN
9:15am	HIIT-Strong Kristi		StepStrong **Cathy	Cardio Sculpt **Kristi	9:45am FIGHT will return Aug 7th		6:00pm		TOUR-45 Eirin		30 min Speed Cycle - 1st and 3rd Thur.		9:00am TOUR-45 rotation
10:30am	ACTIVE Barb	YOGA **Barbara	Centergy Laura C.	YOGA FLOW Lauren Shannon	Non-Stop Step every 3rd Friday		Reservations given to alternates 5 minutes prior to class start time.						
12:00pm	Gentle Yoga Sculpt	30 Minute Senior Fit Starter Class		CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl		AQUA CLASSES						
4:30pm		ACTIVE Joddy/Sheryl		POWER Bridgette		8:30am BARRE CONNECT Erin	TIME	MON	TUES	WED	THURS	FRI	SAT
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon			10:00 am YOGA rotation	10:00am	AQUA - SC Star	AQUA - SC T.J.	AQUA - SC rotation	AQUA - SC Sharon	AQUA-SC Sheryl	10:00am AQUA -SC Sheryl
5:45pm		YOGA Britney											
6:00pm			ZUMBA **Javi/Shay				AQUA INFO LC = Long Course SC = Short Course						
7:00pm		Zumba/MixedFit Isabella/Nikki					In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please						

We are excited to welcome you all 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

** - Located on Basketball Court



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