

Group Fitness Schedule 2024



FALL SCHEDULE

STARTS SEPT 2

MORNING CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| HIIT 30 Cycle 5:30-6:00 AM | Capacity Cycle 5:30-6:15AM | BodyPump 6:00-7:00AM | Interval Cycle 5:30-6:15AM | | BodyPump 7:00-8:00AM |
| BodyPump 6:00-7:00AM | | SilverFit Balance 8:00-8:45AM | | BodySculpt 6:00-7:00AM | BodyAttack 8:00-8:30AM |
| Capacity Cycle 9:00-9:45AM | HIIT 30 Cycle 8:30-9:00AM | CycleSculpt 9:00-10:00AM | HIIT 30 Cycle 8:30-9:00AM | Interval Cycle 9:00-9:45AM | Endurance Cycle 8:00-9:00AM |
| AquaCardio Challenge 9:00-10:00AM | DeepWater Intensive 9:00-10:00AM | AquaCardio Challenge 9:00-10:00AM | DeepWater Intensive 9:00-10:00AM | AquaCardio Challenge 9:00-10:00AM | AquaCardio Challenge 9:00-10:00AM |
| BodySculpt 9:00-10:00AM | BodyPump 9:00-10:00AM | Les Mills Core 9:00-9:30AM | BodyPump 9:00-10:00AM | BodyPump 8:30-9:15AM | Vinyasa Yoga 9:30-10:30AM |
| Barre 9:00-10:00AM | Mat Pilates 9:00-10:00AM | Barre 9:00-10:00AM | Mat Pilates 9:00-10:00AM | Barre 9:00-10:00AM | PowerPilates 8:35-9:30AM |
| BodyCombat 10:00-11:00AM | Dance Fit 10:00-11:00AM | BodyAttack 9:30-10:00AM | DanceFit 10:00-11:00AM | BodyCombat 9:15-10:15AM | BodyCombat 9:30-10:30AM |
| Vinyasa Yoga 10:05-11:00AM | Restorative Yoga 10:05-11:00AM | Gentle Yoga 10:05-11:00AM | Restorative Yoga 10:05-11:00AM | FitYogaFlow 10:05-11:00AM | BodyPump 10:35-11:30AM |
| | | BodyPump 10:05-11:00AM | | | |
| | SilverFit Classic 11:15-Noon | SilverFit Circuit 11:05-11:50AM | SilverFit Classic 11:15-Noon | Zumba Gold 11:00-Noon | |

EVENING CLASSES

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| Les Mills Core-45 4:30-5:15PM | | BodySculpt Express 4:30-5:15PM | | BodyPump 4:30-5:30PM | |
| BodyAttack 5:15-6:00PM | BodyPump 5:00-6:00PM | BodyAttack 5:15-6:00PM | BodyPump 5:00-5:45PM | | |
| Grit Strength 6:00-6:30PM | Restorative Yoga 5:30-6:30PM | Grit Strength 6:00-6:30 PM | Vinyasa Yoga 5:30-6:30PM | | |
| | BodyCombat 6:00-6:45PM | Endurance Cycle 6:00-6:45PM | BodyCombat 5:45-6:30PM | | |
| BodyPump 6:35-7:30PM | | BodyPump 6:35-7:30PM | | | |

LEGEND

- Large Room
- Yoga Room
- Cycling Room
- Pool