

Please bring your own mat, water and sweat towels. Schedule subject to change.

**Black= Fitness Studio, Pink=Clara Barton Room, Orange =Gymnasium, Green=Cycling Studio, Blue= Pool**

### MONDAY

- 5:30AM HIIT
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM Active Older Adults
- 10:00AM Gentle Yoga
- 12:00PM Zumba
- 1:00PM AquaFit
- 5:00PM BODYPUMP
- 5:00PM Yoga Sculpt
- 6:15PM TRX

### WEDNESDAY

- 5:30AM PiYo
- 6:00AM Strength & Conditioning
- 8:00AM Body Sculpt
- 8:00AM AquaFit
- 9:00AM HIIT
- 10:00AM Active Older Adults
- 10:00AM Line Dancing
- 12:00PM BODYPUMP
- 1:00PM AquaFit
- 4:00PM Yoga
- 5:00PM Zumba
- 6:00PM Stretch & Flex

### FRIDAY

- 6:00AM Fun Fit Friday
- 6:00AM HIIT
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Zumba
- 9:00AM Cycle Express
- 10:00AM Active Older Adults
- 12:00PM BODY PUMP
- 1:00PM AquaFit

### TUESDAY

- 5:30AM BODYPUMP
- 8:00AM BODYPUMP
- 8:00AM AquaFit
- 9:00AM Cardio Blast
- 10:00AM QiGong/TaiChi
- 10:00AM Yoga
- 12:00PM 20/20/20
- 4:00PM Beginner Yoga
- 5:00PM Barre
- 5:00PM Prenatal Yoga
- 6:00PM AquaFit

### THURSDAY

- 5:30AM BODYPUMP
- 8:00AM BODYPUMP
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM QiGong/TaiChi
- 10:00AM Yoga
- 12:00PM Cardio Blast
- 4:00PM TRX
- 5:00PM Yoga
- 6:00PM BODYPUMP
- 6:00PM AquaFit

### SATURDAY

- 7:00AM BODYPUMP
- 9:00AM HIIT
- 9:00AM Group Cycle
- 10:00AM Zumba
- 10:00AM Barre

### SUNDAY

CLOSED through Labor Day

### NEWS BLASTS

Stay up to date on area specific updates such as class cancellations and unplanned area closures.



### CLASS DESCRIPTIONS

For full class descriptions, please visit the website or scan here:



### KID'S CORNER

Reservations required.

Monday-Thursday: 8-11am and 5-7pm

Friday: 8-10am

Saturday: 9-11am

