

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

