

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
- 6:00AM **Manic Monday**
- 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
- 5:30PM **Group Cycle**
- 6:15PM TRX*

WEDNESDAY

- 5:30AM **Cycle Express**
- 5:30AM PiYo
- 6:00AM AquaFit
- 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
- 5:30PM **Group Cycle**
- 6:00PM Stretch & Flex

FRIDAY

- 5:30AM **Cycle Express**
- 6:00AM **Fun Fit Friday**
- 6:00AM Yoga Sculpt
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Zumba
- 9:00AM **Cycle Express**
- 10:00AM **Active Older Adults**
- 11:00AM Beginner Line Dancing
- 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
- 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 **Beginner BODYPUMP**
- 6:00PM AquaFit
- 6:00PM Prenatal Yoga*

SATURDAY

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

SUNDAY

- 11:00AM Stretch & Flex
- 12:00 PM **BODYPUMP**
- 1:00 PM Zumba

*Reservations Required

RESERVATIONS

Reservations are required for Kids Corner & Prenatal Yoga and TRX



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

