

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



# TEMPORARY

## Group Fitness Class Schedule

April 21-27, 2025

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

**Pink=Clara Barton Room, Green=Cycling Studio, Blue= Pool, Yellow= Outside - meet in lobby (weather permitting)**

### MONDAY

- 6:00AM Manic Monday
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM Active Older Adults
- 12:00PM Zumba
- 1:00PM AquaFit
- 5:30PM Group Cycle

### 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
- 1:00PM AquaFit
- 4:00PM Yoga
- 5:30PM Group Cycle
- 6:00PM Stretch & Flex

### FRIDAY

- 5:30AM Cycle Express
- 6:00AM Yoga Sculpt
- 8:00AM AquaFit
- 9:00AM Cycle Express
- 1:00PM AquaFit

### TUESDAY

- 8:00AM AquaFit
- 9:00AM Cardio Blast
- 10:00AM QiGong/TaiChi
- 10:00AM Yoga
- 12:00PM 20/20/20
- 5:30PM Pop Up Cycle
- 6:00PM AquaFit

### THURSDAY

- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM QiGong/TaiChi
- 12:00PM Cardio Blast
- 5:30PM Pop Up Cycle
- 6:00PM AquaFit
- 6:00PM Pop Up Yoga

### SATURDAY

- 9:00AM HIIT
- 9:00AM Group Cycle
- 10:00AM Zumba

### SUNDAY

#### 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



# TEMPORARY Group Fitness Class Schedule



April 28-May 4, 2025

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

**Pink=Clara Barton Room, Green=Cycling Studio, Blue= Pool,  
Yellow= Outside - meet in lobby (weather permitting)**

## MONDAY

- 6:00AM Manic Monday
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM Active Older Adults
- 12:00PM Zumba
- 1:00PM AquaFit
- 5:30PM Group Cycle

## 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
- 1:00PM AquaFit
- 4:00PM Yoga
- 5:30PM Group Cycle
- 6:00PM Stretch & Flex

## FRIDAY

- 5:30AM Cycle Express
- 6:00AM Yoga Sculpt
- 8:00AM AquaFit
- 8:00AM Pilates
- 9:00AM Cycle Express
- 9:00AM Zumba
- 10:00AM Active Older Adults
- 11:00AM Line Dancing
- 1:00PM AquaFit

## TUESDAY

- 8:00AM AquaFit
- 9:00AM Cardio Blast
- 10:00AM QiGong/TaiChi
- 10:00AM Yoga
- 12:00PM 20/20/20
- 5:30PM Pop Up Cycle
- 6:00PM AquaFit

## THURSDAY

- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM QiGong/TaiChi
- 12:00PM Cardio Blast
- 5:30PM Pop Up Cycle
- 6:00PM AquaFit
- 6:00PM Pop Up Yoga

## SATURDAY

- 9:00AM HIIT
- 9:00AM Group Cycle
- 10:00AM Zumba
- 11:00AM Pop Up Barre

## SUNDAY

- 11:00AM Stretch & Flex
- 1:00 PM Zumba

### 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



# TEMPORARY Group Fitness Class Schedule

May 5-18, 2025

Please bring your own mat, water and sweat towel. Schedule subject to change.  
**Black= Fitness Studio, Orange =Gymnasium, Green=Cycling Studio, Blue= Pool**  
**Yellow= Outside - meet in lobby (weather permitting)**

## MONDAY

- 5:30AM HIIT
- 6:00AM **Manic Monday**
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM **Walking Group**
- 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 **Walking Group**
- 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

## SATURDAY

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

## SUNDAY

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

\*reservation 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

