

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 &amp; 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

