

GROUP FITNESS

Class Schedule



Effective June 9 2025

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
 9:00AM Barre
 10:00AM Active Older Adults
 10:00AM Gentle Yoga
 12:00PM Zumba
 5:00PM BODYPUMP
 5:00PM Zumba
 6:15PM TRX*

WEDNESDAY

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

FRIDAY

5:30AM Cycle Express
 6:00AM Fun Fit Friday
 8:00AM Pilates
 9:00AM Zumba
 9:00AM Cycle Express
 10:00AM Active Older Adults
 11:00AM Beginner Line Dancing
 12:00PM BODY PUMP

TUESDAY

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

THURSDAY

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

SATURDAY

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

SUNDAY

No Fitness Classes.
 Facility closed. 24/7 Access
 holders have access to the
 Wellness Center, Gymnasium
 and Racquetball Courts outside
 of regular business hours.

*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

