

# GROUP FITNESS

## Class Schedule



Effective July 14 , 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 Aqua Fit  
 8:00AM Pilates  
 9:00AM Barre  
 10:00AM Active Older Adults  
 10:00AM Gentle Yoga  
 12:00PM Zumba  
 1:00PM Aqua Fit  
 5:00PM BODYPUMP  
 5:00PM Zumba  
 6:15PM TRX\*

### WEDNESDAY

5:30AM PiYo  
 6:00AM Strength & Conditioning  
 8:00AM Aqua Fit  
 8:00AM Body Sculpt  
 9:00AM HIIT  
 10:00AM Active Older Adults  
 10:00AM Line Dancing  
 12:00PM BODYPUMP  
 1:00PM Aqua Fit  
 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 Aqua Fit  
 8:00AM Pilates  
 9:00AM Zumba  
 9:00AM Cycle Express  
 10:00AM Active Older Adults  
 11:00AM Beginner Line Dancing  
 12:00PM BODY PUMP  
 1:00PM Aqua Fit

### TUESDAY

5:30AM BODYPUMP  
 8:00AM Aqua Fit  
 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  
 6:00PM Aqua Fit

### THURSDAY

5:30AM BODYPUMP  
 8:00AM Aqua Fit  
 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  
 6:00PM Aqua Fit

### SATURDAY

7:00AM BODYPUMP  
 9:00AM HIIT  
 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

