

GROUP FITNESS

Class Schedule



Effective 12/28/25-1/4/26

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 FOREVERWELL®
 Strength & Cardio
 10:00AM Gentle Yoga
 12:00PM Zumba
 1:00PM Aqua Fit
 5:00PM BODYPUMP
 5:00PM Zumba
 5:30PM Group Cycle
 6:15PM TRX*

WEDNESDAY

5:30AM PiYo
 6:00AM Strength & Conditioning
 8:00AM Body Sculpt
 9:00AM HIIT
 10:00AM FOREVERWELL®
 Strength & Cardio
 10:00AM Line Dancing
 12:00PM BODYPUMP

FRIDAY

5:30AM Cycle Express
 8:00AM Pilates
 9:00AM Zumba
 9:00AM Cycle Express
 10:00AM FOREVERWELL®
 Strength & Cardio
 11:00AM Beginner Line Dancing
 12:00PM BODY PUMP
 1:00PM Aqua Fit

TUESDAY

5:15AM 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

Happy New Year

SATURDAY

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

SUNDAY

11:00AM Stretch & Flex
 12:00PM BODYPUMP

*Reservations Required

RESERVATIONS

Reservations are required for Kids Corner & 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

