

# GROUP FITNESS

## Class Schedule

Effective 2/1/26

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 Cycle Express  
 5:30AM PiYo  
**8:00AM Aqua Fit**  
**8:00AM Body Sculpt**  
 9:00AM HIIT  
**10:00AM FOREVERWELL® Strength & Cardio**  
 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  
 6:00PM Aqua Zumba

### 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 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

**5:15AM 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 Pilates  
 6:00PM BODYPUMP  
 6:00PM Aqua Fit

### 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

