

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
 6:00PM Stretch & Flex

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 Barre
 6:00PM Aqua Fit

SATURDAY

7:00AM BODYPUMP
 9:00AM HIIT
 10:00AM Zumba
 10:00AM Barre
 12:30PM Family Yoga

*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

