

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**

**No Classes  
 on 6/13  
 Saturday  
 Classes  
 will  
 resume  
 next week**

\*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

