

GROUP EXERCISE CLASS SCHEDULE - SEPT 2024 (starting 9/9/24)

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Les Mills Body Pump [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —Valerie (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jillian	7:30 am Deep Water [45min] —Jillian		7:30 am Deep Water [45min] —Jillian		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] —Tasha (signup required)		8:15 am Cycling [45min] —Tasha (signup required)	8:15 am Cycling [45min] —rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Neusha	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jillian		8:30 am Shallow Water [45] —rotation	9:15 am Yoga [75min] —rotation
9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [30min] —Karri	9:15 am Zumba [60min] —rotation
9:20 am Core Express [15min] —Stacey	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl		
9:30 am Deep Water [45min] —Jillian					
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Neusha	10 am Strength & Balance [30min] —Kay	
10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Neusha	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am All Circuit [45] —Stacey	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Kay	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength + Cardio [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Les Mills Body Pump [45min] —Brandee	4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Les Mills Body Pump [60min] —Ellen	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
	5:30 pm Cycling [45min] —Rebecca (signup required)		5:30 pm Cycling [45min] —Cassie (signup required)		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Valerie	6:20 pm Strength in 30 [30 min] —Rebecca	5:45 pm Yin Yoga [75min] —Treva		

GROUP EXERCISE CLASS SCHEDULE - AUG 2024 through 9/8/24

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] Valerie (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jillian	7:30 am Deep Water [45min] —Jillian		7:30 am Deep Water [45min] —Jillian		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Neusha	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jillian		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [30min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Neusha	10 am Strength & Balance [30min] —Glenda	
10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Neusha	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am All Circuit [45] --Stacey	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)		5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Valerie	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] —Deb (Aug 15 only)		

GROUP EXERCISE CLASS SCHEDULE - JULY 2024

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jillian	7:30 am Deep Water [45min] —Jillian		7:30 am Deep Water [45min] —Jillian		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jillian		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [30min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am Groove Lite [45min] —Karri		10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am All Circuit [45] --Stacey	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)		5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Treva	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (July 18 only)		

GROUP EXERCISE CLASS SCHEDULE - JULY 2024

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jillian	7:30 am Deep Water [45min] —Jillian		7:30 am Deep Water [45min] —Jillian		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jillian		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [30min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Kat	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am All Circuit [45] --Stacey	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)	5:30 pm Aqua Yoga [45min] —Kat	5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (June 20 only)		

GROUP EXERCISE CLASS SCHEDULE - MAY 2024

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jillian	7:30 am Deep Water [45min] —Jillian		7:30 am Deep Water [45min] —Jillian		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jillian		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [30min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Kat	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am All Circuit [45] --Stacey	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)	5:30 pm Aqua Yoga [45min] —Kat	5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (May 26 only)		

GROUP EXERCISE CLASS SCHEDULE - APRIL 2024

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jillian	7:30 am Deep Water [45min] —Jillian		7:30 am Deep Water [45min] —Jillian		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jillian		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Kat	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am All Circuit [45] --Stacey	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)	5:30 pm Aqua Yoga [45min] —Kat	5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (May 26 only)		

GROUP EXERCISE CLASS SCHEDULE - APRIL 2024

**First come, First served only. Sorry, no reservations. Must be present to get a spot.
Guests and members are expected to respect other participants and need to sanitize equipment after use.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am [45min] —Stacey	10:40 am Chair Yoga [35min] —Kat	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am Growing Stronger [30 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)	5:30 pm Aqua Yoga [45min] —Kat	5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (Apr 11 only)		

GROUP EXERCISE CLASS SCHEDULE - APRIL 2024

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am All Circuit [45min] —Stacey	10:40 am Chair Yoga [35min] —Ann	10:35 am Groove Lite [45min] —Karri	10:40 am Chair Yoga [35min] —Ann	10:35 am Growing Stronger [30 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] Cassie/Rebecca (signup required)	5:30 pm Aqua Yoga [45min] —Kat	5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (Apr 11 only)		

GROUP EXERCISE CLASS SCHEDULE - FEBRUARY 2024

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara (signup required)	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] Karri/Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)		8:15 am Cycling [45min] Tasha (signup required)	8:15 am Cycling [45min] rotation (signup required)
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —rotation	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Shallow Water [45]--rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —rotation	10 am Strength & Balance [30min] —Glenda	
10:35 am All Circuit [45min] —Stacey		10:35 am Groove Lite [45min] —Karri		10:35 am Growing Stronger [30 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] Ashley/Rebecca (signup required)		5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (Mar 21 only)		

GROUP EXERCISE CLASS SCHEDULE - JANUARY 2024

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Ann/Deb	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Shallow Water [45]-- rotation	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Ann/Deb	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Stacey		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Karri	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:45 pm Yin Yoga [75min] —Treva		
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30] Deb (Jan 18 only)		

GROUP EXERCISE CLASS SCHEDULE - JANUARY 2024

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Ann/Deb	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Ann/Deb	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Stacey		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Karri	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca				
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	5:45 pm Yin Yoga [75min] —Treva		

GROUP EXERCISE CLASS SCHEDULE - NOVEMBER 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Ann/Deb	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Ann/Deb	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Stacey		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Karri	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Tabata [30 min]-Cari	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca				
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	5:45 pm Yin Yoga [75min] —Treva		
		7:00 pm Strength & Flow [45min] Mary			

GROUP EXERCISE CLASS SCHEDULE - AUGUST 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			11:00 am Women's Empowerment [45 min] —Sydney
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley/Rebecca	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Muscle Mix [45min] —Shawni/Cassie	6:20 pm Strength in 30 [30 min] —Rebecca			
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat				

GROUP EXERCISE CLASS SCHEDULE - AUGUST 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			11:00 am Women's Empowerment [45 min] —Sydney
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley/Rebecca	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Muscle Mix [45min] —Shawni/Cassie	6:20 pm Strength in 30 [30 min] —Rebecca			
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat				

MODIFIED GROUP CLASS SCHEDULE - JULY 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			11:00 am Women's Empowerment [45 min] —Sydney
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley/Rebecca	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Muscle Mix [45min] —Shawni/Cassie	6:20 pm Strength in 30 [30 min] —Rebecca			
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	7:00 pm Women's Empowerment [45 min] —Sydney			

MODIFIED GROUP CLASS SCHEDULE - JUNE 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			11:00 am Women's Empowerment [45 min] —Sydney
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley/Rebecca	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Muscle Mix [45min] —Shawni/Cassie	6:20 pm Strength in 30 [30 min] —Rebecca			
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	7:00 pm Women's Empowerment [45 min] —Sydney			

MODIFIED GROUP CLASS SCHEDULE - MAY 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio
Lap Pool

Cycling Studio
Therapy Pool

Mind/Body Studio
Fitness Floor

Basketball Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	10:45 am Primal Flow Yoga [60min] —Abby	10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			11:00 am Women's Empowerment [45 min] —Sydney
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Cycling [45min] —Sara		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Muscle Mix [45min] —Shawni/Cassie	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:45 pm Gentle Yoga [60min] —Kat		5:45 pm Vinyasa Flow Yoga [60min] —Kat		
	6:30 pm Buti Yoga [60min] —Abby	6:20 pm Strength in 30 [30 min] —Rebecca			
6:30 pm Zumba [45min] —Mary		7:00 pm Women's Empowerment [45 min] —Sydney			

MODIFIED GROUP CLASS SCHEDULE - MAY 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio
Lap Pool

Cycling Studio
Therapy Pool

Mind/Body Studio
Fitness Floor

Basketball Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	10:45 am Primal Flow Yoga [60min] —Abby	10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			11:00 am Women's Empowerment [45 min] —Sydney
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Cycling [45min] —Sara		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Muscle Mix [45min] —Shawni/Cassie	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:45 pm Gentle Yoga [60min] —Kat		5:45 pm Vinyasa Flow Yoga [60min] —Kat		
	6:20 pm Bootcamp [30min] --Shawni	6:20 pm Strength in 30 [30 min] —Rebecca			
6:30 pm Zumba [45min] —Mary	6:30 pm Buti Yoga [60min] —Abby	7:00 pm Women's Empowerment [45 min] —Sydney	6:30 pm Zumba [45min] —Frankie		

MODIFIED GROUP CLASS SCHEDULE - APRIL 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	10:45 am Primal Flow Yoga [60min] —Abby	10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca	5:30 pm Cycling [45min] —Sara	4:30 pm Kickboxing [45min] —Rebecca	
	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Total Body HIIT [45min] —Rebecca		
5:30 pm Aqua Chi [45min] — Glenda	5:45 pm Gentle Yoga [60min] —Kat		5:45 pm Vinyasa Flow Yoga [60min] —Kat		
5:30 pm Strength Training [45min] —Rebecca	6:20 pm Bootcamp [30min] -- Shawni	5:30 pm Step [45min] —Rebecca		5:20 pm Strength in 30 [30min] —Rebecca	
6:30 pm Zumba [45min] —Mary	6:30 pm Buti Yoga [60min] —Abby	6:20 pm Strength in 30 [30 min] —Rebecca	6:30 pm Zumba [45min] -- Frankie		

MODIFIED GROUP CLASS SCHEDULE - MARCH 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	10:45 am Primal Flow Yoga [60min] —Abby	10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
			4:30 pm Zumba [45min] —Frankie		
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
	5:30 pm Total Body HIIT [45min] —Shawni		5:30 pm Cycling [45min] —Sara		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Total Body HIIT [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:45 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:45 pm Vinyasa Flow Yoga [60min] —Kat	5:20 pm Strength in 30 [30min] —Rebecca	
6:30 pm Zumba [45min] —Mary	6:30 pm Buti Yoga [60 min] —Abby	6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - MARCH 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Kay	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
			4:30 pm Zumba [45min] —Frankie		
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Strength Training [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
	5:30 pm Total Body HIIT [45min] —Shawni		5:30 pm Cycling [45min] —Sara		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Total Body HIIT [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:45 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:45 pm Vinyasa Flow Yoga [60min] —Kat	5:20 pm Strength in 30 [30min] —Rebecca	
6:30 pm Zumba [45min] —Mary		6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - JANUARY 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] — Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Yin Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger (45 min)—Kay	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — Mary	4:30 pm Strength Training [45min] — Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Zumba [45min] — Frankie	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates Sculpt [45min] —Rebecca	5:30 pm Total Body HIIT (45) Shawni				
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Cycling [45min] —Sara		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] — Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
			5:30 pm Vinyasa Flow Yoga [60min] —Kat		
		6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - JANUARY 2023

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] — Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Yin Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] —Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger (45 min)--Kay	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] —Frankie	4:30 pm Strength Training [45min] — Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Zumba [45min] —Frankie	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Cycling [45min] —Sara		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] — Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
			5:30 pm Vinyasa Flow Yoga [60min] —Kat		
		6:20 pm Strength in 30 [30 min] —Rebecca			

<u>First Name</u>	<u>Last Name</u>	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Class Prep</u>
Joni	Anderson								
Glenda	Baker		10 am Strength & Balance [30min] —Glenda		10 am Strength & Balance [30min] —Glenda		10 am Strength & Balance [30min] —Glenda		
			5:30 pm Aqua Chi [45min] — Glenda		10:45 am Tai Chi [45min] —Glenda				
Amanda	Barton								
Wendy	Breske/Bucklin								
Ann	Burrish				8:30 am Gentle Yoga [75min] —Ann				
Sheryl	Caine		9:30 am Deep Water [45min] —Sheryl/Sherri	8:30 am Shallow Water [45min] —Sheryl		9:30 am Deep Water [45min] —Sheryl			
			10:45 am Lite N Low [45min] —Sherri/Sheryl						
Sherri	Christensen		9:30 am Deep Water [45min] —Sheryl/Sherri		8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri		
			10:45 am Lite N Low [45min] —Sherri/Sheryl						
Lesley	Fite-Boltjes			5:30 am Cycling [45min] —Lesley					
Ashley	Gibson		5:30 pm Cycling [45min] —Tasha/Ashley	5:30 pm Cycling [45min] —Ashley					
Jackie	Haggar-Tuschen					5:30 am Cycling [45min] —Jackie/Karri			
Jennie	Hohn				8:30 am Cardio Strength [45min] —Jennie				
Teresa	Hoien		8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa		8:30 am Gentle Yoga [75min] —Teresa			
				10 am Just Stretch [30min] —Teresa		10 am Just Stretch [30min] —Teresa			
Rebecca	Menage-Corcoran		5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Bootcamp [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca		
			4:30 pm Pilates [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca		
			5:30 pm Strength Training [45min] —Rebecca		6:20 pm Strength in 30 [30min] —Rebecca	5:30 pm Cycling [45min] —Rebecca			
Stacey	Niewenhuis		8:30 am Cardio Strength [45min] —Stacey						

<u>First Name</u>	<u>Last Name</u>	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Class Prep</u>
Kat	Rykhus			5:30 pm Gentle Yoga [60min] —Kat					
Maria Pia	Saavedra-Rodriguez								
Karri	Stearns		8:15 am Cycling [45min] —Karri/Tasha	5:30 am Mat Pilates [45min] —Karri	10:45 am Growing Stronger [45min] —Karri	5:30 am Cycling [45min]—Jackie/Karri	5:30 am Mat Pilates [45min] —Karri		
				8:30 am Pilates Sculpt [45min] —Karri		8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri		
				9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min] —Karri	9:05 am FHIIT [45min] —Karri		
							10:45 am Groove Lite [45min] —Karri		
Tasha	Van Rooyen-Larson		8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha		
			5:30 pm Cycling [45min] —Tasha/Ashley						
Jess	Walhof		7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess			
Sandy	Wehrkamp				8:30 am Shallow Water [45min] —Sherri/Sandy				
Vanessa	Weisenbach								
Mary	Wieczorek				5:30 am Zumba [45min] —Mary				
Deb	Yoder								
Saturday	Rotation		4:30 pm Zumba [45min] —rotation					7:15 am Cycling [45min] —rotation	
								8:15 am Mat Pilates [45min] —rotation	
								9:15 am Zumba [60min] —rotation	

MODIFIED GROUP CLASS SCHEDULE - DECEMBER 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] — Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Yin Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] —Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger (45 min)--Kay	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] —Frankie	4:30 pm Strength Training [45min] — Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Zumba [45min] —Frankie	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Cycling [45min] —Sara		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] — Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
			5:30 pm Vinyasa Flow Yoga [60min] —Kat		
		6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - NOVEMBER 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Bootcamp [45min] —Rebecca	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Zumba [45min] — Mary	5:30 am Cycling [45min] [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Ab Express [15min] —Fitness Staff			6:20 am Ab Express [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Yin Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Karri		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger (30 min)—Kay	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — Frankie	4:30 pm Strength Training [45min] — Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Zumba [45min] — Frankie	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca		5:30 pm Cycling [45min] —Sara		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] — Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
			5:30 pm Vinyasa Flow Yoga [60min] —Kat		
		6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - SEPTEMBER 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Bootcamp [45min] —Rebecca	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Zumba [45min] — Maria Pia	5:30 am Cycling [45min] [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Ab Express [15min] —Fitness Staff			6:20 am Ab Express [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45min] —Karri	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — Frankie		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:30 pm Zumba [45min] — Maria Pia/Frankie		
		6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - SEPTEMBER 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Bootcamp [45min] —Rebecca	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara		5:30 am Cycling [45min] [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Ab Express [15min] —Fitness Staff			6:20 am Ab Express [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water [45min] —Jess		7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45min] —Karri	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — Frankie		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca	5:30 pm Zumba [45min] — Maria Pia/Frankie		
		6:20 pm Strength in 30 [30 min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - August 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Ab Express [15min] —Fitness Staff			6:20 am Ab Express [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water Independent Circuit [45min]		7:30 am Deep Water [45min] —Jess		
		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl	9:15 am ROM [45min] —Sheryl	9:30 am Deep Water [45min] —Sheryl		9:00am yoga [75min] instructor rotation
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45min] —Karri/Kay	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — Frankie		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [45min] —Rebecca		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Gentle Yoga [60min] —Kat		5:30 pm Zumba [45min] — Maria Pia/Frankie		
		6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - July 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Tasha/Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Ab Express [15min] —Fitness Staff	8:15 am Cycling [45min] —Tasha		6:20 am Ab Express [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Jess	7:30 am Deep Water Independent Circuit [45min]		7:30 am Deep Water [45min] —Jess		
		8:15 am Cycling [45min] —Tasha			
8:15 am Cycling [45min] —Karri/Tasha		8:30 am Gentle Yoga [75min] —Ann		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Shallow Water [45min] —Jess	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl			8:30 am Independent Power Hour Shallow Water [45min]	9:00am yoga [75min] instructor rotation
		9:15 am ROM [45min] —Sheryl			9:15 am Zumba [60min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
		10 am Strength & Balance [30min] —Glenda			
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10:45 am Groove Lite [45min] —Karri	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Tai Chi [45min] —Glenda		10:45 am Growing Stronger [45min] —Karri/Kay	
10:45 am Strength & Balance [30min]—Glenda					
		4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Zumba [45min] — Frankie			4:30 pm Kettlebell HITT [45min] —Rebecca		
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [45min] —Rebecca		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30min] —Rebecca	5:30 pm Zumba [45min] — Maria Pia/Frankie		

MODIFIED GROUP CLASS SCHEDULE - July 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Tasha/Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] [45min]—rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff		7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff	
		8:15 am Cycling [45min] —Tasha			
8:15 am Cycling [45min] —Karri/Tasha		8:30 am Gentle Yoga [75min] —Ann		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Shallow Water [45min] —Jess	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl			8:30 am Independent Power Hour Shallow Water [45min]	
		9:15 am ROM [45min] —Sheryl			9:00am yoga [75min] instructor rotation
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
		10 am Strength & Balance [30min] —Glenda			
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10:45 am Groove Lite [45min] —Karri	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Tai Chi [45min] —Glenda		10:45 am Growing Stronger [45min] —Karri/Kay	
10:45 am Strength & Balance [30min]--Glenda					
		4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Zumba [45min] — Frankie			4:30 pm Kettlebell HIT [45min] —Rebecca		
4:30 pm Pilates [45min] —Rebecca					
	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca			5:30 pm Zumba [45min] — Maria Pia/Frankie		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - April 2022

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Tasha	5:30 am Cycling [45min] —Jackie	5:30 am Cycling [45min] —Jackie/Karri		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff		7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff	
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Jess		8:30 am Independent Power Hour Shallow Water [45min]	9 am yoga [75min] instructor rotation
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl		9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Growing Stronger [45min] —Karri		10:45 am Groove Lite [45min] —Karri	
10:45 am Strength & Balance [30min]—Glenda		10:45 am Tai Chi [45min] —Glenda		11 am Singing Bowls Meditation [30min] —Deb	
4:30 pm Zumba [45min] — Frankie		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Zumba [45min] — Maria Pia/Frankie		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Gentle Yoga [60min] —Kat		5:30 pm Yoga Sculpt [60min] —Mary		
		6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - December 2021

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Lesley	5:30 am Cycling [45min] —Jackie	5:30 am Cycling [45min] —Jackie/Karri		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff		7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff	
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri	
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sherri			9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am Lite N Low/All Circuit [45min] —Sherri/Sheryl		10:45 am Growing Stronger [45min] —Karri		10:45 am Groove Lite [45min] —Karri	
		10:45 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — rotation		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca			
5:30 pm Aqua Chi [45min] — Glenda					
		6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - November 2021

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Lesley	5:30 am Cycling [45min] —Jackie	5:30 am Cycling [45min] —Jackie/Karri		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff		7:30 am Deep Water [45min] —Jess	6:20 am Ab Express [15min] —Fitness Staff	
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri	
	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sherri			9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am Lite N Low [45min] —Sherri/Sheryl		10:45 am Growing Stronger [45min] —Karri		10:45 am Groove Lite [45min] —Karri	
		10:45 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] —rotation		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Cycling [45min] —Rotation	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca			
5:30 pm Aqua Chi [45min] —Glenda					
		6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - September 2021

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Color code designates the location of the class:

Mind/Body Studio	Aerobics Studio	Cycling Studio	Basketball Court	Lap Pool	Therapy Pool
------------------	-----------------	----------------	------------------	----------	--------------

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Lesley		5:30 am Cycling [45min] [45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri	
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl/Sherri			9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am Lite N Low [45min] —Sherri/Sheryl		10:45 am Growing Stronger [45min] —Karri		10:45 am Groove Lite [45min] —Karri	
		10:45 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] — rotation			4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Cycling [45min] —Tasha/Ashley	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca			
5:30 pm Aqua Chi [45min] — Glenda					
		6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - July 2021

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use

Color code designates the location of the class:

Mind/Body Studio

Aerobics Studio

Cycling Studio

Basketball Court

Lap Pool

Therapy Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Lesley		5:30 am Cycling [45min] [45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		7:15 am Cycling [45min] —rotation
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Sculpt [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri	
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
			9:30 am Deep Water [45min] —Sheryl		
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda	
10:45 am Lite N Low [45min] —Sherri/Sheryl		10:45 am Growing Stronger [45min] —Karri		10:45 am Groove Lite [45min] —Karri	
		10:45 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] —rotation			4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Cycling [45min] —Tasha/Ashley	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca			
5:30 pm Aqua Chi [45min] —Glenda					
		6:20 pm Strength in 30 [30min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE - July 2021

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Lesley	5:30 am Cycling [45min] —Jackie	5:30 am Cycling [45min] [45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		7:15 am Cycling [45min] —rotation
		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	
8:15 am Cycling [45min] —Karri/Tasha	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
8:30 am Cardio Strength [45min]—Stacey	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Amanda		8:30 am Shallow Water [45min] —Sherri	
			9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
	9:25 am Total Strength in 30 [30min] —Karri		9:30 am Deep Water [45min] —Sheryl		
9:30 am Deep Water [45min] —Sheryl/Sherri		10 am Strength & Balance [30min] —Glenda		10 am Strength & Balance [30min] —Glenda	
	10 am Just Stretch [30min] —Teresa	10:45 am Growing Stronger [45min] —Karri	10 am Just Stretch [30min] —Teresa	10:45 am Groove Lite [45min] —Karri	
10 am Strength & Balance [30min] —Glenda		10:45 am Tai Chi [45min] —Glenda			
10:45 am Lite N Low [45min] —Sherri/Sheryl			4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Zumba [45min] —Mary/Maria Pia	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [30min] —Rebecca		
4:30 pm Pilates [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat				
5:30 pm Cycling [45min] —Tasha/Dom		6:20 pm Strength in 30 [30min] —Rebecca			
5:30 pm Strength Training [45min] —Rebecca					
5:30 pm Aqua Chi [45min] — Glenda					

MODIFIED GROUP CLASS SCHEDULE beginning June 10th

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (10 participants)

Lap Pool (Participants: Deep 15 / Shallow 20)

Aerobics Studio (18 participants)

Therapy Pool (Participants: 10 - masks required)

Cycling Studio (17 participants)

Basketball Court (20 participants)

MONDAY
5:30 am Kickboxing [45min] —Rebecca
7:30 am Deep Water [45min] —Jess
8:15 am Cycling [45min] —Karri/Tasha
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Cardio Strength [45min]—Stacey
9:30 am Deep Water [45min] —Sheryl/Sherri
10 am Strength & Balance [30min] —Glenda
10:45 am Lite N Low [45min] —Sherri/Sheryl
4:30 pm Zumba [45min] —Mary/Maria Pia
4:30 pm Pilates [45min] —Rebecca
5:30 pm Cycling [45min] —Tasha/Dom
5:30 pm Strength Training [45min] —Rebecca
5:30 pm Aqua Chi [45min] — Glenda

TUESDAY
5:30 am Total Strength [45min]—Rebecca
5:30 am Cycling [45min] —Lesley
5:30 am Mat Pilates [45min] —Karri
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Pilates Combo [45min] —Karri
8:30 am Shallow Water [45min] —Sheryl
9:25 am Total Strength in 30 [30min] —Karri
10 am Just Stretch [30min] —Teresa
5:30 pm Cycling [45min] —Ashley
5:30 pm Gentle Yoga [60min] —Kat

WEDNESDAY
5:30 am Zumba [45min] —Mary
5:30 am Cycling [45min] —Jackie
5:30 am Bootcamp [45min] —Rebecca
8:15 am Cycling [45min] —Tasha
8:30 am Gentle Yoga [75min] —Ann
8:30 am Cardio Strength [45min] —Jennie
8:30 am Shallow Water [45min] —Amanda
10 am Strength & Balance [30min] —Glenda
10:45 am Growing Stronger [45min] —Karri
10:45 am Tai Chi [45min] —Glenda
5:30 pm Step [45min] —Rebecca
6:20 pm Strength in 30 [30min] —Rebecca

THURSDAY
5:30 am Total Strength [45min] —Rebecca
5:30 am Cycling [45min] [45min]—Jackie/Karri
7:30 am Deep Water [45min] —Jess
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Pilates Combo [45min] —Karri
9:25 am Total Strength in 30 [30min]—Karri
9:30 am Deep Water [45min] —Sheryl
10 am Just Stretch [30min] —Teresa
4:30 pm Athletic Bells [45min] —Rebecca
5:30 pm Cycling [30min] —Rebecca

FRIDAY
5:30 am Athletic Conditioning [45min] —Rebecca
5:30 am Mat Pilates [45min] —Karri
8:15 am Cycling [45min] —Tasha
8:30 am Tabata [30min] —Karri
8:30 am Shallow Water [45min] —Sherri
9:05 am FHIIT [45min] —Karri
10 am Strength & Balance [30min] —Glenda
10:45 am Groove Lite [45min] —Karri
4:30 pm Kickboxing [45min] —Rebecca

SATURDAY
7:15 am Cycling [45min] —rotation
8:15 am Mat Pilates [45min] —rotation
9:15 am Zumba [60min] —rotation

MODIFIED GROUP CLASS SCHEDULE beginning April 17th

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (10 participants)
Lap Pool (Participants: Deep 15 / Shallow 18)

Aerobics Studio (18 participants)
Therapy Pool (Participants: 10 - masks required)

Cycling Studio (17 participants)
Basketball Court (20 participants)

MONDAY
5:30 am Kickboxing [45min] —Rebecca
7:30 am Deep Water [45min] —Jess
8:15 am Cycling [45min] —Karri/Tasha
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Cardio Strength [45min]—Stacey
9:30 am Deep Water [45min] —Sheryl/Sherri
10:45 am Lite N Low [45min] —Sherri/Sheryl
4:30 pm Zumba [45min] —Mary/Maria Pia
4:30 pm Pilates [45min] —Rebecca
5:30 pm Cycling [45min] —Tasha/Dom
5:30 pm Strength Training [45min] —Rebecca
5:30 pm Aqua Chi [45min] — Glenda
6:15 pm Bootcamp [30min] —Dom/Tasha

TUESDAY
5:30 am Total Strength [45min]—Rebecca
5:30 am Cycling [45min] —Lesley
5:30 am Mat Pilates [45min] —Karri
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Pilates Combo [45min] —Karri
8:30 am Shallow Water [45min] —Sheryl
9:25 am Total Strength in 30 [30min] —Karri
10 am Just Stretch [30min] —Teresa
5:30 pm Cycling [45min] —Ashley
5:30 pm Gentle Yoga [60min] —Kat

WEDNESDAY
5:30 am Zumba [45min] —Mary
5:30 am Cycling [45min] —Jackie
5:30 am Bootcamp [45min] —Rebecca
8:15 am Cycling [45min] —Tasha
8:30 am Gentle Yoga [75min] —Ann
8:30 am Cardio Strength [45min] —Jennie
8:30 am Shallow Water [45min] —Amanda
10 am Strength & Balance [30min] —Glenda
10:45 am Growing Stronger [45min] —Karri
10:45 am Tai Chi [45min] —Glenda
4:30 pm Pilates Combo [45min] —Karri
5:30 pm Step [45min] —Rebecca
6:20 pm Strength in 30 [30min] —Rebecca

THURSDAY
5:30 am Total Strength [45min] —Rebecca
5:30 am Cycling [45min] [45min]—Jackie/Karri
7:30 am Deep Water [45min] —Jess
8:30 am Gentle Yoga [75min] —Teresa
8:30 am Pilates Combo [45min] —Karri
9:25 am Total Strength in 30 [30min]—Karri
10 am Just Stretch [30min] —Teresa
4:30 pm Athletic Bells [45min] —Rebecca
5:30 pm Cycling [30min] —Dom
6:15 pm Bootcamp [45min] —Dom

FRIDAY
5:30 am Athletic Conditioning [45min] —Rebecca
5:30 am Mat Pilates [45min] —Karri
8:15 am Cycling [45min] —Tasha
8:30 am Tabata [30min] —Karri
9:05 am FHIIT [45min] —Karri
10 am Strength & Balance [30min] —Glenda
10:45 am Groove Lite [45min] —Karri
4:30 pm Kickboxing [45min] —Rebecca

SATURDAY
7:15 am Cycling [45min] —rotation
8:15 am Mat Pilates [45min] —rotation
9:15 am Zumba [60min] —rotation

MODIFIED GROUP CLASS SCHEDULE beginning November 1st

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

	Mind/Body Studio (9 participants)	Aerobics Studio (18 participants)	Basketball Court (20 participants)	Cycling Studio (15 participants)	
	Lap Pool (Participants: Deep 12 / Shallow 15)		Basketball Court (20 participants)		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Cycling [45min] —Jackie	5:30 am Cycling [45min] [45min]—Dan		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca			
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		
		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:15 am Cycling [45min] —Karri/Tasha	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
8:30 am Cardio Strength [45min]—Stacey	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Amanda			
9:30 am Deep Water [45min] —Sheryl/Sherri	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	
10:45 am Lite N Low [45min] —Joni	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Groove Lite [45min] —Karri	
		10:45 am Tai Chi [45min] —Glenda			
4:30 pm Zumba [45min] —Elisabeth/Mary		4:30 pm Pilates Combo [45min] —Karri	4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Pilates [45min] —Rebecca					
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [30min] —Dom		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca			
6:15 pm Bootcamp [30min] —Dom/Tasha			6:15 pm Bootcamp [45min] —Dom		

MODIFIED GROUP CLASS SCHEDULE beginning September 1st

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (9 participants)

Aerobics Studio (18 participants)

Cycling Studio (15 participants)

Lap Pool (Participants: Deep 12 / Shallow 15)

Basketball Court (20 participants)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Cycling [45min] —Jackie	5:30 am Cycling [45min] [45min]—Dan		
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca			
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Amanda			
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am Pump & Abs [45min] —Karri	
	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Zumba Gold [45min] —Karri	
4:30 pm Zumba [45min] —Elisabeth/Mary		4:30 pm Pilates Combo [45min] —Rebecca	4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [30min] —Dom		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca			
			6:15 pm Bootcamp [30min] —Dom		

MODIFIED GROUP CLASS SCHEDULE beginning August 5th

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (9 participants)

Aerobics Studio (18 participants)

Cycling Studio (15 participants)

Lap Pool (Participants: Deep 12 / Shallow 15)

Basketball Court (20 participants)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] [45min]—Dan		
	5:30 am Mat Pilates [45min] —Karri				
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Amanda			
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am Pump & Abs [45min] —Karri	
	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Zumba Gold [45min] —Karri	
4:30 pm Zumba [45min] —Elisabeth/Mary			4:30 am Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [30min] —Dom		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca			
			6:15 pm Bootcamp [30min] —Dom		

MODIFIED GROUP CLASS SCHEDULE Phase 2.5 - beginning July 20th

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (9 participants)

Aerobics Studio (14 participants)

Cycling Studio (15 participants)

Lap Pool (Participants: Deep 12 / Shallow 15)

Basketball Court (20 participants)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] [45min]—Dan		
	5:30 am Mat Pilates [45min] —Karri				
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		7:15 am Cycling [45min] —rotation
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
	8:30 am Shallow Water [45min] —Jess	8:30 am Shallow Water [45min] —Amanda			
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri	9:05 am Pump & Abs [45min] —Karri	
	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Zumba Gold [45min] —Karri	
4:30 pm Zumba [45min] —Elisabeth/Mary			4:30 am Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [30min] —Dom		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca			
			6:15 pm Bootcamp [30min] —Dom		

MODIFIED GROUP CLASS SCHEDULE Phase 2.5 - beginning July 1st

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (9 participants)

Aerobics Studio (14 participants)

Cycling Studio (15 participants)

Lap Pool (Participants: Deep 12 / Shallow 15)

Basketball Court (20 participants)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Cycling [45min] —Jackie/Karri	5:30 am Cycling [45min] [45min]—Dan		
	5:30 am Mat Pilates [45min] —Karri				
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		7:15 am Cycling [45min] —rotation
		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	
8:15 am Cycling [45min] —Karri/Tasha		8:30 am Gentle Yoga [75min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga [75min] —Denise	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Combo [45min] —Karri	8:30 am Shallow Water [45min] —Amanda			
			9:25 am Total Strength in 30 [30min]—Karri	9:05 am Pump & Abs [45min] —Karri	
	9:25 am Total Strength in 30 [30min] —Karri				
	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Zumba Gold [45min] —Karri	
			4:30 am Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Zumba [45min] —Elisabeth/Mary					
	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [30min] —Dom		
5:30 pm Cycling [45min] —Tasha/Dom					
5:30 pm Strength Training [45min] —Rebecca			6:15 pm Bootcamp [30min] —Dom		

MODIFIED GROUP CLASS SCHEDULE Phase 2b Begin June 15th

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Class size and length unless otherwise noted:

Mind/Body Studio (9 participants)

Aerobics Studio (14 participants)

Cycling Studio (15 participants)

Lap Pool (Participants: Deep 12 / Shallow 15)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Ashley/Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Cycling [45min] —Jackie/Karri	5:30 am Cycling [45min] [45min]—Dan		
	5:30 am Mat Pilates [45min] —Karri				
7:30 am Deep Water [45min] —Jess					
		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	
8:15 am Cycling [45min] —Karri/Tasha	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Gentle Yoga [75min] —Teresa	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
8:30 am Cardio Strength [45min]—Stacey		8:30 am Shallow Water [45min] —Amanda			
				9:05 am Pump & Abs [45min] —Karri	
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min]—Karri		
			9:30 am Shallow Water [45min] —Jess		
	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Zumba Gold [45min] —Karri	
4:30 pm Pilates Combo [45min] —Rebecca			4:30 am Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Zumba [45min] —Elisabeth/Mary					
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Dom		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca			

MODIFIED GROUP CLASS SCHEDULE Phase 2 Begin June 1st

Limited class sizes & members only --- First come, First served. Sorry, no reservations. Must be present to get a spot

Members are expected to respect social distancing and need to sanitize equipment after use

Classe size and length unless otherwise noted:

Mind/Body Studio (9 participants)

Aerobics Studio (14 participants)

Cycling Studio (15 participants)

Limited water classes tentatively coming back mid-June - watch for more info.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Ashley/Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan	5:30 am Cycling [45min] —Jackie/Karri	5:30 am Cycling [45min] —Dan		
	5:30 am Mat Pilates [45min] —Karri				
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	
8:30 am Gentle Yoga [60min] —Teresa	8:30 am Gentle Yoga [60min] —Denise	8:30 am Gentle Yoga [60min] —Teresa		8:30 am Tabata [30min] —Karri	
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Combo [45min] —Karri	8:30 am Cardio Strength [45min] —Jennie	8:30 am Pilates Combo [45min] —Karri		
	9:25 am Total Strength in 30 [30min] —Karri		9:25 am Total Strength in 30 [30min] —Karri	9:05 am Pump & Abs [45min] —Karri	
	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda	
		10:45 am Growing Stronger [45min] —Karri		10:45 am Zumba Gold [45min] —Karri	
4:30 pm Pilates Combo [45min] —Rebecca			4:30 am Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebecca	
4:30 pm Zumba [45min] —Elisabeth/Mary					
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Dom		
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca			
					7:15 am Cycling [45min] —rotation