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.

	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]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Les Mills Body Pump	5:30 am Athletic Conditioning	
—Rebecca	[45min] — Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara (signup required) 5:30 am Mat Pilates [45min]	—Rebecca	—Valerie (signup required)	5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jillian	—Jillian	O.45 and Cooling [45 min]	—Jillian	O.45 and Challes [45min]	O.45 and Cooling [45main]
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	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	
—Кау	—Denise	—Ann	—Neusha	—Kay	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Shallow Water [45]	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jillian		—rotation	—rotation
9:15 am ROM [45min]	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [30min]	9:15 am Zumba [60min]
—Sheryl	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	<u>—rotation</u>
9:20 am Core Express [15min]	9:30 am Aqua Chi [45min] — Glenda/Sheryl	9:20 am Core Express [15min]	9:30 am Deep Water [45min]		
—Stacey 9:30 am Deep Water [45min]	Glerida/Silei yi	—Karri	—Sheryl		
—Jillian					
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Denise	[30min] —Glenda	—Neusha	[30min] —Kay	
10:35 am Groove Lite [45min]	10:40 am Chair Yoga [35min]	10:35 am Groove Lite [45min]	10:40 am Chair Yoga [35min]	10:35 am All Circuit [45]	
—Karri	—Neusha	—Karri	—Ann	—Stacey	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] — Glenda		[30min] —Kay	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
— Gieriua		—Gieriua			
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength + Cardio	4:30 pm Pilates Sculpt [45min]	4:30 pm Les Mills Body Pump	4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca	[45min] —Brandee	—Rebeccca	
5:30 pm Strength Training	5:30 pm Les Mills Body Pump	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca	[60min] —Ellen	—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]		
Co20 mas Zuralia [45 min]	—Rebecca (signup required)	Co20 mm Star valle is 20	—Cassie (signup required)		
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]	6:20 pm Strength in 30	5:45 pm Yin Yoga [75min]		
—Mary	—Valerie	[30 min] —Rebecca	—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.

	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]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] — Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	(signup required)	—Rebecca	Valerie (signup required)		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri 6:20 am Core & More [15min]			—Karri 6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jillian	—Jillian		—Jillian		
8:15 am Cycling [45min]		8:15 am Cycling [45min] Tasha		8:15 am Cycling [45min] Tasha	8:15 am Cycling [45min]
Karri/Tasha		(signup required)		(signup required)	rotation (signup required)
(signup required) 8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	Karri	[45min] —Karri	—Karri	—Karri	-rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	Totation
—Кау	—Denise	—Ann	—Neusha	—Кау	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Shallow Water [45]	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jillian		rotation	—rotation
9:20 am Core Express [15min]	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [30min]	9:15 am Zumba [60min]
—Stacey	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —	9:20 am Core Express [15min]	9:30 am Deep Water [45min]		
10 am Strength & Balance	Glenda/Sheryl 10 am Just Stretch [30min]	– Karri10 am Strength & Balance	—Sheryl 10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Denise	[30min] —Glenda	—Neusha	[30min] —Glenda	
10:35 am Groove Lite [45min]	10:40 am Chair Yoga [35min]	10:35 am Groove Lite [45min]	10:40 am Chair Yoga [35min]	10:35 am All Circuit [45]	
—Karri	—Neusha	—Karri	—Ann	Stacey	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			
—Glenda		—Glenda			
4:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca		—Rebeccca	
5:30 pm Strength Training		5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca		—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
	5:30 pm Cycling [45min]		5:45 pm Yin Yoga [75min]	1	
	Cassie/Rebecca		—Treva		
Cr20 ppg Zupeka [45 pg.;g]	(signup required)	C.20 pm Strongth in 20			
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min] —Valerie	6:20 pm Strength in 30 [30 min] —Rebecca	7:05 pm Singing Bowls [30]		
—Mary	— valerie	[30 IIIII] — Nebecca	—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.

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

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.

	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 Mat Pilates [45min] —Karri 6:20 am Core & More [15min] —Fitness Staff	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] rotation (signup required)	5:30 am Mat Pilates [45min] —Karri 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)	J.III.	8:15 am Cycling [45min] Tasha (signup required)	J.III.	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]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	—Totation
—Kay	—Denise 8:30 am Shallow Water [45min] —Sheryl	—Ann 8:30 am Shallow Water [45min] —Jillian	<u>rotation</u>	Kay8:30 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	76.00.001
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 11:30 am Tai Chi [45min] —Glenda		10:45 am Strength & Balance [30min] —Glenda 11:30 am Tai Chi [45min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Strength Training [45min] —Rebecca	4:30 pm Total Strength [45min] — Rebecca 5:30 pm Cycling [45min]	4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] — Rebecca	4:30 pm Kickboxing [45min] —Rebeccca 5:20 pm Strength in 30 [30min] —Rebecca	
	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 loca	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 Cycling [45min] Sara (signup required) 5:30 am Mat Pilates [45min] —Karri	5:30 am Zumba [45min] —Mary 5:30 am Bootcamp [45min] —Rebecca	5:30 am Strength Training [45min] —Rebecca 5:30 am Cycling [45min] rotation (signup required)	5:30 am Athletic Conditioning [45min] —Rebecca 5:30 am Mat Pilates [45min] —Karri	
7:30 am Deep Water [45min] —Jillian 8:15 am Cycling [45min] Karri/Tasha	6:20 am Core & More [15min] —Fitness Staff 7:30 am Deep Water [45min] —Jillian	8:15 am Cycling [45min] Tasha	7:30 am Deep Water [45min] —Jillian	6:20 am Core & More [15min] —Fitness Staff 8:15 am Cycling [45min] Tasha	8:15 am Cycling [45min]
(signup required) 8:30 am Cardio Strength [45min] —Stacey 8:30 am Gentle Yoga [75min] —Kay	8:30 am Pilates Sculpt [45min] —Karri 8:30 am Gentle Yoga [75min] —Denise 8:30 am Shallow Water [45min] —Sheryl	(signup required) 8:30 am Bootcamp Circuit [45min] — Karri 8:30 am Gentle Yoga [75min] — Ann 8:30 am Shallow Water [45min] — Jillian	8:30 am Pilates Sculpt [45min] —Karri 8:30 am Gentle Yoga [75min] —rotation	(signup required) 8:30 am Tabata [30min] —Karri 8:30 am Gentle Yoga [75min] —Kay 8:30 am Shallow Water [45]rotation	rotation (signup required) 8:15 am Mat Pilates [45min] —rotation 9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey 9:30 am Deep Water [45min] —Sheryl 10 am Strength & Balance [30min] —Glenda 10:35 am Groove Lite [45min] —Karri 10:45 am Strength & Balance	9:25 am Total Strength in 30 [30min] — Karri 9:30 am Aqua Chi [45min] — Glenda/Sheryl 10 am Just Stretch [30min] — Denise 10:40 am Chair Yoga [35min] — Kat	9:15 am ROM [45min] —Sheryl 9:20 am Core Express [15min] —Karri 10 am Strength & Balance [30min] —Glenda 10:35 am Groove Lite [45min] —Karri 10:45 am Strength & Balance	9:25 am Total Strength in 30 [30min] —Karri 9:30 am Deep Water [45min] —Sheryl 10 am Just Stretch [30min] —rotation 10:40 am Chair Yoga [35min] —Ann	9:05 am Total HIIT [30min] —Karri 10:00 am Core Express [15min] —Karri 10 am Strength & Balance [30min] —Glenda 10:35 am All Circuit [45] Stacey 10:45 am Strength & Balance	9:15 am Zumba [60min] —rotation
[30min] —Glenda 11:30 am Tai Chi [45min] —Glenda 4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Strength Training [45min] —Rebecca	4:30 pm Total Strength [45min] — Rebecca 5:30 pm Cycling [45min]	[30min] —Glenda 11:30 am Tai Chi [45min] —Glenda 4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	[30min] —Glenda 4:30 pm Kickboxing [45min] —Rebeccca 5:20 pm Strength in 30 [30min] —Rebecca	
6:30 pm Zumba [45min] —Mary	Cassie/Rebecca (signup required) 5:45 pm Gentle Yoga [60min] —Kat	5:30 pm Aqua Yoga [45min] —Kat 6:20 pm Strength in 30 [30 min] —Rebecca	5:45 pm Yin Yoga [75min] —Treva 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.

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

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

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:

	Lap Pool
MONDAY	TUESDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength
–Rebecca	[45min] —Rebecca
	5:30 am Cycling [45min] Sara
	(signup required)
	5:30 am Mat Pilates [45min]
	—Karri
	6:20 am Core & More [15min]
	—Fitness Staff
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]
–Cari	—Cari
3:15 am Cycling [45min]	
Karri/Tasha	
signup required)	
3:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]
45min] —Stacey	—Karri
3:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]
–Kay	—Denise
	8:30 am Shallow Water
	[45min] —Sheryl
9:20 am Core Express [15min]	9:25 am Total Strength
-Stacey	in 30 [30min] —Karri
0:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —
-Sheryl	Glenda/Sheryl
10 am Strength & Balance	10 am Just Stretch [30min]
30min] —Glenda	—Denise
.0:35 am All Circuit [45min]	10:40 am Chair Yoga [35min]
-Stacey	—Ann
.0:45 am Strength & Balance	
30min] —Glenda 1:30 am Tai Chi [45min]	
-Glenda	
Gictida	
1:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength
-Rebecca	[45min] —Rebecca
5:30 pm Strength Training	
45min] —Rebecca	
	5:30 pm Cycling [45min]
5:30 pm Aqua Chi [45min] —	Cassie/Rebecca
Glenda	(signup required)
5:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]
–Mary	—Kat

the class.	
Aerobics Studio	Cycling Studio
Lap Pool	Therapy Pool
TUESDAY	WEDNESDAY
n Total Strength	5:30 am Zumba [45min]
—Rebecca	—Mary
	•
m Cycling [45min] Sara	5:30 am Bootcamp [45min]
required)	—Rebecca
m Mat Pilates [45min]	
n Core & More [15min]	
ess Staff	
n Deep Water [45min]	
ii beep water [+5iiiii]	
	0.45 0 . !! . [15] 7
	8:15 am Cycling [45min] Tasha
	(signup required)
m Pilates Sculpt [45min]	8:30 am Bootcamp Circuit
	[45min] —Karri
n Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]
se	—Ann
n Shallow Water	8:30 am Shallow Water
] —Sheryl	[45min] —Cari
n Total Strength	9:15 am ROM [45min]
30min] —Karri n Aqua Chi [45min] —	—Sheryl 9:20 am Core Express [15min]
/Sheryl	—Karri
Just Stretch [30min]	10 am Strength & Balance
se	[30min] —Glenda
am Chair Yoga [35min]	10:35 am Groove Lite [45min]
	—Karri
	10:45 am Strength & Balance
	[30min] —Glenda
	11:30 am Tai Chi [45min]
	—Glenda
Talal Cr	4.20
n Total Strength	4:30 pm Pilates Sculpt [45min]
] —Rebecca	—Rebecca
	5:30 pm Step [45min] —Rebecca
m Cycling [45min]	— NEDECCA
Rebecca	5:30 pm Aqua Yoga [45min]
required)	—Kat
n Gentle Yoga [60min]	6:20 pm Strength in 30
	p 1 0

[30 min] —Rebecca

THURSDAY 5:30 am Strength Training [45min] —Rebecca 5:30 am Cycling [45min] rotation (signup required) 7:30 am Deep Water [45min] -Cari 8:30 am Pilates Sculpt [45min] 8:30 am Gentle Yoga [75min] -rotation 9:25 am Total Strength in 30 [30min] —Karri 9:30 am Deep Water [45min] —Sheryl 10 am Just Stretch [30min] -rotation 10:40 am Chair Yoga [35min] -Ann 5:30 pm Total Body HIIT [45min] —Rebecca 5:45 pm Yin Yoga [75min] —Treva 7:05 pm Singing Bowls [30] Deb (Apr 11 only)

Mind/Body Studio

Fitness Floor

FRIDAY 5:30 am Athletic Conditioning [45min] —Rebecca 5:30 am Mat Pilates [45min] 6:20 am Core & More [15min] —Fitness Staff 8:15 am Cycling [45min] Tasha (signup required) 8:30 am Tabata [30min] 8:30 am Gentle Yoga [75min] 8:30 am Shallow Water [45]-rotation 9:05 am Total HIIT [45min] —Karri 10:00 am Core Express [15min] —Karri 10 am Strength & Balance [30min] —Glenda 10:35 am Growing Stronger [30 min] —Kay 10:45 am Strength & Balance [30min] —Glenda 4:30 pm Kickboxing [45min] –Rebeccca 5:20 pm Strength in 30 [30min] —Rebecca

Basketball Court

SATURDAY 8:15 am Cycling [45min] rotation (signup required) 8:15 am Mat Pilates [45min] —rotation 9:15 am Yoga [75min] -rotation 9:15 am Zumba [60min] -rotation

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.

Mind/Body Studio

Fitness Floor

Color code designates the location of the class:

Aerobics Studio

	Actobics Studio	Cycling Studie
	Lap Pool	Therapy Poo
MONDAY	TUESDAY	WEDNESDA
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45m
—Rebecca	[45min] —Rebecca	—Mary
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [4
	(signup required)	—Rebecca
	5:30 am Mat Pilates [45min]	
	—Karri	
	6:20 am Core & More [15min]	
	—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]	
—Cari	—Cari	
8:15 am Cycling [45min]		8:15 am Cycling [45m
Karri/Tasha (signup required)		(signup required)
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Ci
[45min] —Stacey	—Karri	[45min] —Karri
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga
—Kay	—Denise	—Ann
ŕ	8:30 am Shallow Water	8:30 am Shallow Wat
	[45min] —Sheryl	[45min] —Cari
9:20 am Core Express [15min]	9:25 am Total Strength	9:15 am ROM [45min
—Stacey	in 30 [30min] —Karri	—Sheryl
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —	9:20 am Core Express
—Sheryl	Glenda/Sheryl	—Karri
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Bala
[30min] —Glenda	—Denise	[30min] —Glenda
10:35 am All Circuit [45min]		10:35 am Groove Lite
—Stacey		—Karri
10:45 am Strength & Balance		10:45 am Strength &
[30min] —Glenda		[30min] —Glenda
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45n
—Glenda		—Glenda
4:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength	4:30 pm Pilates Sculp
—Rebecca	[45min] —Rebecca	—Rebecca
5:30 pm Strength Training		5:30 pm Step [45min]
[45min] —Rebecca		—Rebecca
	5:30 pm Cycling [45min]	
5:30 pm Aqua Chi [45min] —	Ashley/Rebecca (signup	
Glenda	required)	
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]	6:20 pm Strength in 3
—Mary	—Kat	[30 min] —Rebecca

	WEDNESDAY
5:30	am Zumba [45min]
—N	
5.30	am Bootcamp [45min]
	ebecca
8:15	am Cycling [45min] Tash
(sigr	nup required)
8:30	am Bootcamp Circuit
	nin] —Karri
8:30	am Gentle Yoga [75min]
—A	
	am Shallow Water
	nin] —Cari 5 am ROM [45min]
	neryl
	am Core Express [15min]
—Ка	·
10 a	m Strength & Balance
	nin] —Glenda
	35 am Groove Lite [45min]
—Ka	arri I5 am Strength & Balance
	nin] —Glenda
	0 am Tai Chi [45min]
	lenda
	pm Pilates Sculpt [45min
	ebecca pm Step [45min]
	ebecca
177	

Cycling Studio

THURSDAY	FRIDA
5:30 am Strength Training	5:30 am Athletic Co
[45min] —Rebecca	[45min] —Rebecca
5:30 am Cycling [45min]	
otation (signup required)	
(0 1 1 7	5:30 am Mat Pilate
	—Karri
	6:20 am Core & Mo
	—Fitness Staff
:30 am Deep Water [45min]	
-Cari	
	8:15 am Cycling [45
	(signup required)
30 am Pilates Sculpt [45min]	8:30 am Tabata [30
-Karri	—Karri
:30 am Gentle Yoga [75min]	8:30 am Gentle Yo
-rotation	—Kay
	8:30 am Shallow W
	rotation
:25 am Total Strength	9:05 am Total HIIT
n 30 [30min] — Karri	—Karri
:30 am Deep Water [45min]	10:00 am Core Exp
-Sheryl 0 am Just Stretch [30min]	[15min] —Karri 10 am Strength & E
-rotation	[30min] —Glenda
Totation	10:35 am Growing
	[30 min] —Kay
	10:45 am Strength
	[30min] —Glenda
	4:30 pm Kickboxing
	—Rebeccca
5:30 pm Total Body HIIT	5:20 pm Strength i
45min] —Rebecca	[30min] —Rebecca
:45 pm Yin Yoga [75min] -Treva	
:05 pm Singing Bowls [30]	

Deb (Mar 21 only)

FRIDAY	
	SATURDAY
30 am Athletic Conditioning 5min] —Rebecca	
30 am Mat Pilates [45min] Karri	
20 am Core & More [15min] Fitness Staff	
15 am Cycling [45min] Tasha gnup required)	8:15 am Cycling [45min] rotation (signup required)
30 am Tabata [30min] Karri	8:15 am Mat Pilates [45min] —rotation
30 am Gentle Yoga [75min] Kay	
30 am Shallow Water [45] tation	9:15 am Yoga [75min] —rotation
05 am Total HIIT [45min] Karri	9:15 am Zumba [60min] —rotation
:00 am Core Express 5min] —Karri	
am Strength & Balance Omin] —Glenda	
:35 am Growing Stronger 0 min] —Kay	
:45 am Strength & Balance Omin] —Glenda	
30 pm Kickboxing [45min]	
Rebeccca 20 pm Strength in 30	
Omin] —Rebecca	

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

	Lap Pool
MONDAY	TUESDAY
:30 am Kickboxing [45min]	5:30 am Total Strength
-Rebecca	[45min] —Rebecca
	5:30 am Cycling [45min] —Sara 5:30 am Mat Pilates [45min] —Karri
	6:20 am Core & More [15min] —Fitness Staff
:30 am Deep Water [45min]	7:30 am Deep Water [45min]
-Cari	—Cari
:15 am Cycling [45min] -Karri/Tasha	
:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]
45min] —Stacey	—Karri
:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]
–Кау	— Denise
	8:30 am Shallow Water
	[45min] —Sheryl
:20 am Core Express [15min]	9:25 am Total Strength
-Stacey	in 30 [30min] — Karri
:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —
-Sheryl 0 am Strength & Balance	Glenda/Sheryl 10 am Just Stretch [30min]
30min] —Glenda	—Denise
0:45 am All Circuit [45min]	- Defise
-Stacey 0:45 am Strength & Balance	
30min] —Glenda	
1:30 am Tai Chi [45min]	
-Glenda	
:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength
-Rebecca	[45min] —Rebecca
:30 pm Strength Training	
45min] —Rebecca	
:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]
ilenda	—Ashley/Rebecca
:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]
-Mary	—Kat

	Therapy Pool
	WEDNESDAY
5:3	0 am Zumba [45min]
− N	⁄lary
5:3	0 am Bootcamp [45min]
—R	ebecca
0.4	Francisco de la factoria
	5 am Cycling [45min] asha
	0 am Bootcamp Circuit
	min] —Karri
_	0 am Gentle Yoga [75min]
	ınn
	0 am Shallow Water
	min] —Cari
_	5 am ROM [45min]
	heryl
	0 am Core Express [15min]
	arri
10	am Strength & Balance
[30	min] —Glenda
10:	45 am Groove Lite [45min
<u>—</u> к	arri
10:	45 am Strength & Balance
[30	min] —Glenda
11:	30 am Tai Chi [45min]
<u>—</u> G	ilenda
4.2	0 pm Pilates Sculpt [45min
	ebecca
	0 pm Step [45min]
— K	ebecca
	0 pm Strength in 30

Cycling Studio

	THURSDAY
5:	30 am Strength Training
	5min] —Rebecca
5:	30 am Cycling [45min]
	rotation
7.	30 am Deep Water [45m
	-Cari
	Cult
8:	30 am Pilates Sculpt [45n
_	-Karri
8:	30 am Gentle Yoga [75m
_	-Ann/Deb
0	25 and Tabal Channeth
	25 am Total Strength 30 [30min] —Karri
	30 am Deep Water [45mi
	Sheryl
	am Just Stretch [30min]
	-Ann/Deb
	•
<u>.</u>	30 pm Total Body HIIT
	5min] —Rebecca
_	45 pm Yin Yoga [75min]
	·Treva
	05 pm Singing Bowls [30]
	eb (Jan 18 only)
	11

Mind/Body Studio

Fitness Floor

	FRIDAY
5:30 ar	n Athletic Conditioning
] —Rebecca
	1
5:30 ar	n Mat Pilates [45min]
—Karri	
6:20 ar	n Core & More [15min]
—Fitne	ess Staff
0.45	0 11 145 1 1
	m Cycling [45min]
—Tash	
	n Tabata [30min]
—Karri	
	m Gentle Yoga [75min]
—Kay	o Challan Matau [45]
	n Shallow Water [45]
rotatio	
	n Total HIIT [45min]
—Karri	am Core Express
] —Karri
	Strength & Balance
] —Glenda
_	am Growing Stronger
	n] —Karri
-	am Strength & Balance
] —Glenda
Locition	.j Olchida
4:30 pr	m Kickboxing [45min]
—Rebe	eccca
5:20 pr	n Strength in 30
] —Rebecca

SATURDAY				
3:15 am Cycling [45min]				
-rotation				
3:15 am Mat Pilates [45min] -rotation				
-rotation				
9:15 am Yoga [75min]				
-rotation				
9:15 am Zumba [60min]				
<u>rotation</u>				

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

	Lap Pool
MONDAY	TUESDAY
:30 am Kickboxing [45min]	5:30 am Total Strength
-Rebecca	[45min] — Rebecca
	5:30 am Cycling [45min]
	—Sara
	5:30 am Mat Pilates [45min]
	—Karri
	6:20 am Core & More [15min]
20 0 14 1 145 1 1	—Fitness Staff
:30 am Deep Water [45min]	7:30 am Deep Water [45min]
-Cari	—Cari
:15 am Cycling [45min] -Karri/Tasha	
:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]
45min] —Stacey	—Karri
:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]
-Kay	—Denise
,	
	8:30 am Shallow Water
	[45min] —Sheryl
:20 am Core Express [15min]	9:25 am Total Strength
-Stacey	in 30 [30min] —Karri
:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —
-Sheryl	Glenda/Sheryl
0 am Strength & Balance	10 am Just Stretch [30min]
30min] —Glenda	—Denise
0:45 am All Circuit [45min]	
-Stacey 0:45 am Strength & Balance	
30min] —Glenda	
1:30 am Tai Chi [45min]	
-Glenda	
:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength
-Rebecca	[45min] — Rebecca
:30 pm Strength Training	
45min] —Rebecca	
:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]
Glenda	—Ashley/Rebecca
:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]
–Mary	—Kat

	Therapy Pool
	WEDNESDAY
5:30	am Zumba [45min]
—Ma	ry
5:30	am Bootcamp [45min]
—Rel	becca
8:15	am Cycling [45min]
—Tas	
	am Bootcamp Circuit
	in] —Karri
—An	am Gentle Yoga [75min] n
	am Shallow Water in] —Cari
-	
9:15 a —She	am ROM [45min]
	am Core Express [15min]
—Kar	•
10 an	n Strength & Balance
-	in] —Glenda
	am Groove Lite [45min]
—Kar 10:45	am Strength & Balance
	in] —Glenda
11:30	am Tai Chi [45min]
—Gle	nda
<u>4:30</u>	pm Pilates Sculpt [45min]
	pecca
	pm Step [45min]
—Rel	pecca
6:20	pm Strength in 30
	nin] —Rebecca

Cycling Studio

Fitness Floor
THURSDAY
5:30 am Strength Training
[45min] —Rebecca
5:30 am Cycling [45min]
—rotation
7:30 am Deep Water [45min]
—Cari
8:30 am Pilates Sculpt [45min] —Karri
8:30 am Gentle Yoga [75min]
—Ann/Deb
9:25 am Total Strength
in 30 [30min] —Karri
9:30 am Deep Water [45min] —Sheryl
10 am Just Stretch [30min]
—Ann/Deb
5:30 pm Total Body HIIT
[45min] —Rebecca
5:45 pm Yin Yoga [75min] —Treva

Mind/Body Studio

FRIDAY
5:30 am Athletic Conditioning [45min] —Rebecca
5:30 am Mat Pilates [45min] —Karri
6:20 am Core & More [15min] —Fitness Staff
8:15 am Cycling [45min] —Tasha
8:30 am Tabata [30min] —Karri
8:30 am Gentle Yoga [75min] —Kay
8:30 am Independent Power Hour Shallow Water [45min]
9:05 am Total HIIT [45min] —Karri
10:00 am Core Express [15min] —Karri
10 am Strength & Balance
[30min] —Glenda 10:45 am Growing Stronger
[45 min] —Karri
10:45 am Strength & Balance [30min] —Glenda
4:30 pm Kickboxing [45min]
—Rebeccca
5:20 pm Strength in 30 [30min] —Rebecca

	SATURDAY
	Cycling [45min]
—rotation	on Mat Pilates [45min]
—rotatio	
	Yoga [75min]
—rotatio	on
9:15 am	Zumba [60min]
<u> rotation </u>	on

GROUP EXERCISE CLASS SCHEDULE - NOVEMBER 2023

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

Cycling Studio

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

Mind/Body Studio

Basketball Court

Color code designates the location of the class:

	Actobics Studio	Cycling Studio	Willia, Body Studio	Dasketball Coult	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] — Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]	Titiless starr	
—Cari	—Cari		—Cari		
8:15 am Cycling [45min]		8:15 am Cycling [45min]	- Cu.:	8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	-rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	Totation			
—Kay	—Denise	—Ann	—Ann/Deb	—Kay	
Ruy			Alliybeb		
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Cari		Hour Shallow Water [45min]	—rotation
9:20 am Core Express [15min]	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
—Stacey	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —	9:20 am Core Express [15min]	9:30 am Deep Water [45min]	10:00 am Core Express	- Octavion
—Sheryl	Glenda/Sheryl	—Karri	—Sheryl	[15min] —Karri	
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Denise	[30min] —Glenda	—Ann/Deb	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Stacey		—Karri		[45 min] —Karri	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]		,	
—Glenda		—Glenda			
4:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca		—Rebeccca	
5:30 pm Strength Training		5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca	5:30 pm Tabata [30 min]-Cari	—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
5:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]				
Glenda	—Ashley/Rebecca				
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]	6:20 pm Strength in 30	5:45 pm Yin Yoga [75min]		
—Mary	—Kat	[30 min] —Rebecca	—Treva		
		7:00 pm Strength & Flow			
1		[45min] Mary			
				<u> </u>	•

GROUP EXERCISE CLASS SCHEDULE - AUGUST 2023

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

Cycling Studio

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

Mind/Body Studio

Basketball Court

Color code designates the location of the class:

	Actobics Studio	Cycling Studio	Willia, Body Studio	Dasketball Coult	
	Lap Pool	Therapy Pool	Fitness Floor		
. <u></u>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] —Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jess	—Jess		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]				
—Kay	—Teresa	—Ann	—Teresa	—Kay	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	-rotation
	[45IIIII] SHELYI	[4511111] 3633			Totation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
—Sheryl	Glenda/Sheryl		—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Karri		—Karri		[45 min] —Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	11.00
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			11:00 am Women's
—Glenda		—Glenda			Empowerment
					[45 min] —Sydney
	100 01 11 7 11	100 000 1000 1000 1000		100 1011 1 105	
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	[45min] — Rebecca	—Rebecca	5-20 per Total Dad LUIT	—Rebeccca	
5:30 pm Strength Training	5:30 pm Cycling [45min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] — Rebecca	—Ashley/Rebecca	—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
5:30 pm Aqua Chi [45min] —	5:30 pm Muscle Mix [45min]	6:20 pm Strength in 30			
Glenda 6:30 pm Zumba [45min]	—Shawni/Cassie	[30 min] —Rebecca			
	5:45 pm Gentle Yoga [60min]				
—Mary	—Kat				

GROUP EXERCISE CLASS SCHEDULE - AUGUST 2023

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

Cycling Studio

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

Mind/Body Studio

Basketball Court

Color code designates the location of the class:

	Actobics Studio	Cycling Studio	Willia, Body Studio	Dasketball Coult	
	Lap Pool	Therapy Pool	Fitness Floor		
. <u></u>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] —Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jess	—Jess		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]				
—Kay	—Teresa	—Ann	—Teresa	—Kay	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	-rotation
	[45IIIII] SHELYI	[45/////] 3633			Totation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
—Sheryl	Glenda/Sheryl		—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Karri		—Karri		[45 min] —Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	11.00
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			11:00 am Women's
—Glenda		—Glenda			Empowerment
					[45 min] —Sydney
	100 01 11 7 11	100 000 000 000 000		100 1011 1 105	
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	[45min] — Rebecca	—Rebecca	5-20 per Total Dad LUIT	—Rebeccca	
5:30 pm Strength Training	5:30 pm Cycling [45min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] — Rebecca	—Ashley/Rebecca	—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
5:30 pm Aqua Chi [45min] —	5:30 pm Muscle Mix [45min]	6:20 pm Strength in 30			
Glenda 6:30 pm Zumba [45min]	—Shawni/Cassie	[30 min] —Rebecca			
	5:45 pm Gentle Yoga [60min]				
—Mary	—Kat				

MODIFIED GROUP CLASS SCHEDULE - JULY 2023

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

Cycling Studio

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

Mind/Body Studio

Basketball Court

Color code designates the location of the class:

	7.6.02.62.04.0			basketball coult	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] — Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
— REDECCA	[4311111] — REDECCA	— Wiai y	[45IIIII] —Rebecca	[43IIIII] — Nebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
7.00	—Fitness Staff		7.00	—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jess	—Jess	2.45	—Jess	0.45	0.45
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha	0.20 are Diletes Coulet [45 min]	—Tasha	0.20 and Dilaton Coulat [45 min]	—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] — Karri	—Karri	—Karri	<u>—rotation</u>
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	
—Kay	—Teresa	—Ann	—Teresa	—Kay	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	—rotation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]	- 1.00.11	
—Sheryl	Glenda/Sheryl		—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Karri		—Karri		[45 min] —Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	
11:30 am Tai Chi [45min]	1	11:30 am Tai Chi [45min]			11:00 am Women's
—Glenda		—Glenda			Empowerment
0.0.100					[45 min] —Sydney
4:30 pm Pilates Sculpt [45min]	1:20 pm Strongth Training	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	4:30 pm Strength Training [45min] —Rebecca	—Rebecca		—Rebeccca	
5:30 pm Strength Training	5:30 pm Cycling [45min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca	—Ashley/Rebecca	—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
5:30 pm Aqua Chi [45min] —	5:30 pm Muscle Mix [45min]	6:20 pm Strength in 30	[Islamij Research	[committee committee commi	
Glenda	—Shawni/Cassie	[30 min] —Rebecca			
		7:00 pm Women's			
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]	Empowerment Empowerment			
—Mary	—Kat	[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.

Mind/Body Studio

Cycling Studio

Basketball Court

Color code designates the location of the class:

	·			basketball court	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	- aa				
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] — Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jess	—Jess		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]				
—Kay	—Teresa	—Ann	—Teresa	—Kay	
,					
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	—rotation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —	ŕ	9:30 am Deep Water [45min]		
—Sheryl	Glenda/Sheryl		—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Karri		—Karri		[45 min] —Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	
11:20 am Tai Chi [45 min]		11:20 am Tai Chi [45 min]			11:00 am Women's
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			Empowerment
—Glenda		—Glenda			[45 min] —Sydney
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca		—Rebeccca	
5:30 pm Strength Training	5:30 pm Cycling [45min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca	—Ashley/Rebecca	—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
5:30 pm Aqua Chi [45min] —	5:30 pm Muscle Mix [45min]	6:20 pm Strength in 30		i l	
Glenda	—Shawni/Cassie	[30 min] —Rebecca			
		7:00 pm Women's			
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]	Empowerment			
—Mary	—Kat	[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
MONDAY	TUESDAY
30 am Kickboxing [45min] -Rebecca	5:30 am Total Strength [45min] —Rebecca
	5:30 am Cycling [45min] —Sara
	5:30 am Mat Pilates [45min] —Karri
	6:20 am Core & More [15min] —Fitness Staff
30 am Deep Water [45min] -Jess	7:30 am Deep Water [45min] —Jess
:15 am Cycling [45min] -Karri/Tasha	
30 am Cardio Strength 5min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri
30 am Gentle Yoga [75min] -Kay	8:30 am Gentle Yoga [75min] —Teresa
	8:30 am Shallow Water [45min] —Sheryl
	9:25 am Total Strength in 30 [30min] —Karri
30 am Deep Water [45min] -Sheryl	9:30 am Aqua Chi [45min] — Glenda/Sheryl
O am Strength & Balance 30min] —Glenda	10 am Just Stretch [30min] —Teresa
0:45 am All Circuit [45min] -Karri	
0:45 am Strength & Balance 80min] —Glenda	
1:30 am Tai Chi [45min] -Glenda	
30 pm Pilates Sculpt [45min] -Rebecca	4:30 pm Strength Training [45min] —Rebecca
	5:30 pm Cycling [45min] —Ashley/Rebecca
30 pm Strength Training Smin] —Rebecca	5:30 pm Muscle Mix [45min] —Shawni/Cassie
30 pm Aqua Chi [45min] — lenda	5:45 pm Gentle Yoga [60min] —Kat
	6:30 pm Buti Yoga [60min] —Abby
30 pm Zumba [45min]	

-Mary

Therapy Pool
WEDNESDAY
5:30 am Zumba [45min]
—Mary
5:30 am Bootcamp [45min] —Rebecca
0.15 and Citaling [45 main]
8:15 am Cycling [45min] —Tasha
8:30 am Bootcamp Circuit
[45min] —Karri 8:30 am Gentle Yoga [75min]
—Ann
8:30 am Shallow Water
[45min] —Jess
9:15 am ROM [45min]
—Sheryl
10 and Change the C. Dalaman
10 am Strength & Balance [30min] —Glenda
10:45 am Groove Lite [45min]
—Karri 10:45 am Strength & Balance
[30min] —Glenda
11:30 am Tai Chi [45min]
—Glenda
4:30 pm Pilates Sculpt [45min]
—Rebecca
5:30 pm Step [45min]
—Rebecca
6:20 pm Strength in 30
[30 min] —Rebecca 7:00 pm Women's
Empowerment
[45 min] —Sydney

Cycling Studio

Fitness Floor THURSDAY 5:30 am Strength Training [45min] —Rebecca 5:30 am Cycling [45min] -rotation 7:30 am Deep Water [45min] –Jess 8:30 am Pilates Sculpt [45min] 8:30 am Gentle Yoga [75min] -Teresa 9:25 am Total Strength in 30 [30min] —Karri 9:30 am Deep Water [45min] -Sheryl 10 am Just Stretch [30min] -Teresa 10:45 am Primal Flow Yoga [60min] —Abby 5:30 pm Cycling [45min] –Sara 5:30 pm Total Body HIIT 45min] —Rebecca 5:45 pm Vinyasa Flow Yoga 60min] —Kat

Mind/Body Studio

FRIDAY 5:30 am Athletic Conditioning [45min] — Rebecca 5:30 am Mat Pilates [45min] –Karri 6:20 am Core & More [15min] –Fitness Staff 8:15 am Cycling [45min] -Tasha 8:30 am Tabata [30min] –Karri 8:30 am Gentle Yoga [75min] -Kay 8:30 am Independent Power Hour Shallow Water [45min] 9:05 am Total HIIT [45min] –Karri 10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger 45 min] — Kay 10:45 am Strength & Balance [30min] —Glenda 4:30 pm Kickboxing [45min] –Rebeccca 5:20 pm Strength in 30 [30min] —Rebecca

Basketball Court

SATURDAY 8:15 am Cycling [45min] -rotation 8:15 am Mat Pilates [45min] -rotation 9:15 am Yoga [75min] —rotation 9:15 am Zumba [60min] -rotation 11:00 am 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

MONDAY	TUESDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength
—Rebecca	[45min] —Rebecca
Nebecca	
	5:30 am Cycling [45min]
	—Sara
	5:30 am Mat Pilates [45min]
	Karri6:20 am Core & More [15min]
	—Fitness Staff
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]
—Jess	—Jess
8:15 am Cycling [45min]	
—Karri/Tasha	
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]
[45min] —Stacey	—Karri
3:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]
—Kay	—Teresa
	8:30 am Shallow Water
	[45min] —Sheryl
	9:25 am Total Strength
	in 30 [30min] —Karri
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —
—Sheryl	Glenda/Sheryl
10 am Strength & Balance	10 am Just Stretch [30min]
[30min] —Glenda	—Teresa
10:45 am All Circuit [45min]	
—Karri	
10:45 am Strength & Balance	
[30min] —Glenda	
11:30 am Tai Chi [45min]	
—Glenda	
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training
Rebecca	[45min] —Rebecca
	5:30 pm Cycling [45min]
	—Ashley/Rebecca
5:30 pm Strength Training	5:30 pm Muscle Mix [45min]
[45min] —Rebecca	—Shawni/Cassie
5:30 pm Aqua Chi [45min] —	5:45 pm Gentle Yoga [60min]
Glenda	—Kat
	6:20 pm Bootcamp [30min]
	Shawni
Si20 pm Zumba [45min]	6:20 pm Puti Voga [COmin]
6:30 pm Zumba [45min] —Mary	6:30 pm Buti Yoga [60min] —Abby
ivialy	—Abby

Therapy Fooi
WEDNESDAY
5:30 am Zumba [45min] —Mary
5:30 am Bootcamp [45min] —Rebecca
8:15 am Cycling [45min]
—Tasha
8:30 am Bootcamp Circuit
[45min] — Karri
8:30 am Gentle Yoga [75min] —Ann
8:30 am Shallow Water
[45min] —Jess
9:15 am ROM [45min]
—Sheryl
10 am Strength & Balance
[30min] —Glenda
10:45 am Groove Lite [45min]
—Karri 10:45 am Strength & Balance
[30min] —Glenda
11:30 am Tai Chi [45min]
—Glenda
4:30 pm Pilates Sculpt [45min]
—Rebecca
5:30 pm Step [45min]
—Rebecca
6:20 pm Strength in 30
[30 min] —Rebecca 7:00 pm Women's
Empowerment
[45 min] —Sydney

Cycling Studio

Therapy Pool

Fitness Floor
THURSDAY
E-20 am Strongth Training
5:30 am Strength Training [45min] —Rebecca
5:30 am Cycling [45min]
-rotation
7:30 am Deep Water [45min]
—Jess
8:30 am Pilates Sculpt [45min]
—Karri
8:30 am Gentle Yoga [75min] —Teresa
Teresu
9:25 am Total Strength
in 30 [30min] —Karri
9:30 am Deep Water [45min]
—Sheryl 10 am Just Stretch [30min]
—Teresa
10:45 am Primal Flow Yoga
[60min] —Abby
5:30 pm Cycling [45min] —Sara
5:30 pm Total Body HIIT
[45min] —Rebecca
5:45 pm Vinyasa Flow Yoga [60min] —Kat
[Journil] Kat
6:30 pm Zumba [45min]

–Frankie

Mind/Body Studio

Fitness Floor

	FRIDAY
	am Athletic Conditioning nin] —Rebecca
	am Mat Pilates [45min]
	am Core & More [15min]
—Fit	ness Staff
8:15	am Cycling [45min]
—Ta	sha
8:30 —Ka	am Tabata [30min] rri
	am Gentle Yoga [75min]
	am Independent Power Shallow Water [45min]
9:05 —Ka	am Total HIIT [45min] rri
	m Strength & Balance
	nin] —Glenda 5 am Growing Stronger
[45 n	nin] —Kay
	5 am Strength & Balance nin] —Glenda
	pm Kickboxing [45min] beccca
	pm Strength in 30
[30m	nin] —Rebecca

-	
FRIDAY	SATURDAY
am Athletic Conditioning	
min] —Rebecca	
am Mat Pilates [45min]	
arri	
am Core & More [15min]	
itness Staff	
5 am Cycling [45min]	8:15 am Cycling [45min]
asha	—rotation
am Tabata [30min]	8:15 am Mat Pilates [45mi
arri	—rotation
am Gentle Yoga [75min]	
ay	
am Independent Power	9:15 am Yoga [75min]
ır Shallow Water [45min]	—rotation
am Total HIIT [45min]	9:15 am Zumba [60min]
arri	—rotation
am Strength & Balance	
min] —Glenda	
45 am Growing Stronger	
min] —Kay	
45 am Strength & Balance	
min] —Glenda	11:00 am Women's
	Empowerment
	[45 min] —Sydney
pm Kickboxing [45min]	[13 mm] Sydney
ebeccca	
) pm Strength in 30	
min] —Rebecca	
	1 T

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.

Mind/Body Studio

Cycling Studio

Basketball Court

Color code designates the location of the class:

				basketball coult	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] —Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jess	—Jess		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]				
—Кау	—Teresa	—Ann	—Teresa	—Kay	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
		[45min] —Jess		Hour Shallow Water [45min]	-rotation
	[45min] —Sheryl	[45IIIII] —Jess		Hour Shallow Water [45hlin]	—rotation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
—Sheryl	Glenda/Sheryl		—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Karri		—Karri		[45 min] —Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance	10:45 am Primal Flow Yoga	10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda	[60min] —Abby	[30min] —Glenda	
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			
—Glenda		—Glenda			
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]	5:30 pm Cycling [45min]	4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca	—Sara	—Rebeccca	
	5:30 pm Cycling [45min]		5:30 pm Total Body HIIT		
	—Ashley/Rebecca	1	[45min] —Rebecca		
5:30 pm Aqua Chi [45min] —	5:45 pm Gentle Yoga [60min]	1	5:45 pm Vinyasa Flow Yoga		
Glenda	—Kat		[60min] —Kat		
5:30 pm Strength Training	6:20 pm Bootcamp [30min]	5:30 pm Step [45min]		5:20 pm Strength in 30	
[45min] —Rebecca	Shawni	—Rebecca		[30min] —Rebecca	
6:30 pm Zumba [45min]	6:30 pm Buti Yoga [60min]	6:20 pm Strength in 30	6:30 pm Zumba [45min]		
—Mary	—Abby	[30 min] —Rebecca	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.

Mind/Body Studio

Cycling Studio

Basketball Court

Color code designates the location of the class:

	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	THECDAY	MEDNECDAY	THURCDAY	EDIDAY	CATURDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] —Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]	—Titiless Staff	
—Jess	—Jess		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	
<u>—</u> Кау	—Teresa	—Ann	—Teresa	<u>—</u> Кау	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	—rotation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
—Sheryl 10 am Strength & Balance	Glenda/Sheryl	10 am Strength & Balance	—Sheryl 10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	10 am Just Stretch [30min] —Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]	reresu	10:45 am Groove Lite [45min]	Teresu	10:45 am Growing Stronger	
—Karri		—Karri		[45 min] —Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance	10:45 am Primal Flow Yoga	10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda	[60min] —Abby	[30min] —Glenda	
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			
—Glenda		—Glenda	4:30 pm Zumba [45min]		
			—Frankie		
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]	Transic	4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca		—Rebeccca	
	5:30 pm Total Body HIIT		5:30 pm Cycling [45min]		
	[45min] —Shawni		—Sara		
5:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]		5:30 pm Total Body HIIT		
Glenda Evaluate Training	—Ashley/Rebecca	E:20 nm Ston [4Emin]	[45min] — Rebecca	5:30 pm Strongth in 30	
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	
[isining Nebeccu	Tut.	Redecto	[commit Nat	[Johnning Redected	
6:30 pm Zumba [45min]	6:30 pm Buti Yoga [60 min]	6:20 pm Strength in 30			
—Mary	—Abby	[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.

Mind/Body Studio

Color code designates the location of the class:

Aerobics Studio

	Lap Pool	Therapy Pool	Fitness Floor	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning
-Rebecca	[45min] —Rebecca	—Mary	[45min] —Rebecca	[45min] — Rebecca
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]	
	—Sara	—Rebecca	—rotation	
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]
	—Karri			—Karri
	6:20 am Core & More [15min]			6:20 am Core & More [15min
	—Fitness Staff			—Fitness Staff
:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]	
-Jess	—Jess		—Jess	
3:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]
–Karri/Tasha		—Tasha		—Tasha
3:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]
45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri
3:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]			
—Kay	—Teresa	—Ann	—Teresa	—Кау
,	O 20 a se Challa - Water	0.20 a se Challa - Wala		
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]
	in 30 [30min] — Karri	—Sheryl	in 30 [30min] —Karri	—Karri
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]	
—Sheryl	Glenda/Sheryl		—Sheryl	
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda
LO:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger
—Karri		—Karri		[45 min] — Kay
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda
L1:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]		
—Glenda		—Glenda		
			4:30 pm Zumba [45min]	
			—Frankie	
4:30 pm Pilates Sculpt [45min]	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]
<mark>–Rebecca</mark>	[45min] —Rebecca	—Rebecca		—Rebeccca
	5:30 pm Total Body HIIT		5:30 pm Cycling [45min]	
	[45min] —Shawni		—Sara	
i:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]		5:30 pm Total Body HIIT	
Glenda	—Ashley/Rebecca		[45min] —Rebecca	
5:30 pm Strength Training	5:45 pm Gentle Yoga [60min]	5:30 pm Step [45min]	5:45 pm Vinyasa Flow Yoga	5:20 pm Strength in 30
45min] —Rebecca	—Kat	—Rebecca	[60min] —Kat	[30min] —Rebecca
220 nm 7umba [45min]		6:20 nm Strongth in 20		
5:30 pm Zumba [45min]		6:20 pm Strength in 30		
—Mary		[30 min] —Rebecca		

Cycling Studio

SATURDAY 8:15 am Cycling [45min] —rotation 8:15 am Mat Pilates [45min] -rotation 9:15 am Yoga [75min] —rotation 9:15 am Zumba [60min] —rotation

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.

Mind/Body Studio

Cycling Studio

Color code designates the location of the class:

Aerobics Studio

	/ tel obles studio	Cycling Stadio	Willia, Body Stadio	Dasketball Court	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min] —	5:30 am Strength Training	5:30 am Athletic Conditioning	
-Rebecca	[45min]—Rebecca	Mary	[45min] —Rebecca	[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		[101111]	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	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	—rotation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
222	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri	—Karri	—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	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
–Karri		—Karri		(45 min)Kay	
LO:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
30min]—Glenda		[30min] —Glenda		[30min] —Glenda	
l1:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]			
—Glenda		—Glenda			
:30 pm Zumba [45min] —	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]	4:30 pm Zumba [45min] —	4:30 pm Kickboxing [45min]	
Mary	[45min] — Rebecca	—Rebecca	Frankie	—Rebeccca	
4:30 pm Pilates Sculpt [45min]	5:30 pm Total Body HIIT (45)				
—Rebecca	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	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
45min] —Rebecca	—Kat	—Rebecca	[45min] — Rebecca	[30min] —Rebecca	
			5:30 pm Vinyasa Flow Yoga		
			[60min] —Kat		
		6:20 pm Strength in 30			
		[30 min] —Rebecca			

ATURDAY

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.

Mind/Body Studio

Cycling Studio

Basketball Court

Color code designates the location of the class:

	Aerobics Studio	Cycling Studio	wima/Body Studio	Dasketball Court	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
F:20 am Kiekhaving [45min]	5.20 am Total Strongth	5.20 am 7.mha [45min]	5:20 am Strongth Training	Fr20 am Athletic Conditioning	
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Zumba [45min] —	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
—Rebecca	[45ffiff]—Rebecca	Mary	[45mm] — Rebecca	[45mm] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min]	5:30 am Cycling		
	3.30 am Cycling [43mm] 3ara	—Rebecca	[45min]—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Jess	—Jess		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
[45min]—Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Yin Yoga [75min]	
—Kay	—Teresa	—Ann	—Teresa	—Кау	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	—rotation
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
0.00	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
—Sheryl/Sharon	Glenda/Sheryl	10 0 1 0 0 1	—Sheryl	10 0: 11 0.5 1	
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Sheryl/Karri		—Karri		(45 min)Kay	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min]—Glenda 11:30 am Tai Chi [45min]		[30min] —Glenda 11:30 am Tai Chi [45min]		[30min] —Glenda	
—Glenda		—Glenda			
—Glefida		—Gleffda			
4:30 pm Zumba [45min] —	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]	4:30 pm Zumba [45min] —	4:30 pm Kickboxing [45min]	
Frankie	[45min] — Rebecca	—Rebecca	Frankie	—Rebeccca	
4:30 pm Pilates [45min]	[+5IIIII] Nebecca	Rebecca	Tankic	Nebeccea	
—Rebecca					
5:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]		
Glenda	—Ashley/Rebecca		—Sara		
5:30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca	—Kat	—Rebecca	[45min] — Rebecca	[30min] —Rebecca	
[Island	1.0.0		5:30 pm Vinyasa Flow Yoga	[committee code	
1			[60min] —Kat		
1		6:20 pm Strength in 30	,		
1		[30 min] —Rebecca			

First Name	<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>	Class Prep
Joni	Anderson								
Glenda	Baker		10 am Strength & Balance [30min] —Glenda 5:30 pm Aqua Chi [45min] — Glenda		10 am Strength & Balance [30min] —Glenda 10:45 am Tai Chi [45min] —Glenda		10 am Strength & Balance [30min] —Glenda		
Amanda	Barton								
Wendy	Breske/Bucklin								
Ann	Burrish				8:30 am Gentle Yoga [75min] —Ann				
Sheryl	Caine		[45min] —Sheryl/Sherri 10:45 am Lite N Low [45min]	8:30 am Shallow Water [45min] —Sheryl		9:30 am Deep Water [45min] —Sheryl			
Sherri	Christensen		—Sherri/Sheryl 9:30 am Deep Water [45min] —Sheryl/Sherri 10:45 am Lite N Low [45min]		8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri		
Lesley	Fite-Boltjes		—Sherri/Sheryl	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 10 am Just Stretch		8:30 am Gentle Yoga [75min] —Teresa 10 am Just Stretch			
			5:30 am Kickboxing [45min] —Rebecca	[30min] —Teresa 5:30 am Total Strength [45min]—Rebecca	5:30 am Bootcamp [45min] —Rebecca	[30min] —Teresa 5:30 am Total Strength [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca		
Rebecca	Menage-Corcoran		4:30 pm Pilates [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca		
			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						

First Name	Last Name	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	Class Prep
Kat	Rykhus			5:30 pm Gentle Yoga [60min] —Kat					
Maria Pia	Saavedra-Rodriguez								
			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			
Karri	Stearns			8:30 am Pilates Sculpt [45min] —Karri		8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri		
Nam	Steams			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		
Tastia	van Kooyen-Laison		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	Pototion		4:30 pm Zumba [45min] —rotation					7:15 am Cycling [45min] —rotation 8:15 am Mat Pilates	
Saturday	Rotation							[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.

Mind/Body Studio

Basketball Court

SATURDAY

8:15 am Cycling [45min]

9:15 am Yoga [75min]

9:15 am Zumba [60min]

8:15 am Mat Pilates [45min]

—rotation

-rotation

—rotation

—rotation

Color code designates the location of the class:

Aerobics Studio

	Lap Pool	Therapy Pool	Fitness Floor	
AAONDAY	TUECDAY	WEDNESDAY	THURCHAY	EDIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min] —	5:30 am Strength Training	5:30 am Athletic Conditioning
Rebecca	[45min]—Rebecca	Mary	[45min] —Rebecca	[45min] —Rebecca
		•	-	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min]	5:30 am Cycling	
		—Rebecca	[45min]—rotation	5.00
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]
	—Karri			—Karri
	6:20 am Core & More [15min]			6:20 am Core & More [15min
20 0 144 1 [45 1]	—Fitness Staff		7.00	—Fitness Staff
30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]	
Jess	—Jess	0.45	—Jess	0.45
15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]
·Karri/Tasha		—Tasha		—Tasha
30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]
.5min]—Stacey	—Karri	[45min] —Karri	—Karri	—Karri
30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Yin Yoga [75min]
Kay	—Teresa	—Ann	—Teresa	—Кау
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri	—Karri
:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]	
-Sheryl/Sharon	Glenda/Sheryl		—Sheryl	
O am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance
0min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda
):45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger
-Sheryl/Karri		—Karri		(45 min)Kay
0:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance
0min]—Glenda		[30min] —Glenda		[30min] —Glenda
L:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]		
-Glenda		—Glenda		
30 pm Zumba [45min] —	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]	4:30 pm Zumba [45min] —	4:30 pm Kickboxing [45min]
ankie	[45min] — Rebecca	—Rebecca	Frankie	—Rebeccca
30 pm Pilates [45min]				
Rebecca				
30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]	
lenda	—Ashley/Rebecca		—Sara	
30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30
5min] —Rebecca	—Kat	—Rebecca	[45min] — Rebecca	[30min] —Rebecca
			5:30 pm Vinyasa Flow Yoga	-
			[60min] —Kat	
		6:20 pm Strength in 30		
			1	1

[30 min] —Rebecca

Cycling Studio

Thorony Dool

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.

Mind/Body Studio

Color code designates the location of the class:

Aerobics Studio

	/ICIODICS Stadio	Cycling Statio	Willia, Body Studio	Dasketball Court
	Lap Pool	Therapy Pool	Fitness Floor	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Bootcamp [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning
-Rebecca	[45min]—Rebecca	—Rebecca	[45min] —Rebecca	[45min] —Rebecca
	5:20 are Cycling [45 min] Core	5:30 am Zumba [45min] —	5:30 am Cycling	
	5:30 am Cycling [45min] Sara	Mary	[45min]—rotation	
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]
	—Karri			—Karri
	6:20 am Ab Express [15min] —Fitness Staff			6:20 am Ab Express [15min] —Fitness Staff
30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]	—Fittiess Stail
Jess	—Jess		—Jess	
15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]
Karri/Tasha		—Tasha		—Tasha
30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]
5min]—Stacey	—Karri	[45min] —Karri	—Karri	—Karri
30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Yin Yoga [75min]
Kay	—Teresa	—Ann	—Teresa	—Kay
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri	—Karri
30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —	,	9:30 am Deep Water [45min]	-
Sheryl/Sharon	Glenda/Sheryl		—Sheryl	
am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance
Omin] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda
2:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger
Sheryl/Karri		—Karri		(30 min)Kay
0:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance
Omin]—Glenda .:30 am Tai Chi [45min]		[30min] —Glenda 11:30 am Tai Chi [45min]		[30min] —Glenda
Glenda		—Glenda		
Gicrida		Gicriaa		
30 pm Zumba [45min] —	4:30 pm Strength Training	4:30 pm Pilates Sculpt [45min]	4:30 pm Zumba [45min] —	4:30 pm Kickboxing [45min]
ankie	[45min] — Rebecca	—Rebecca	Frankie	—Rebeccca
30 pm Pilates [45min]				
Rebecca				
30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]	
enda	—Ashley/Rebecca		—Sara	
30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30
5 <mark>min] —Rebecca</mark>	—Kat	—Rebecca	[45min] — Rebecca	[30min] —Rebecca
			5:30 pm Vinyasa Flow Yoga [60min] —Kat	
		6:20 pm Strength in 30	[OOIIIII] — Kat	
		[30 min] —Rebecca		

Cycling Studio

SATURDAY 15 am Cycling [45min] -rotation 15 am Mat Pilates [45min] rotation 15 am Yoga [75min] -rotation 15 am Zumba [60min] rotation

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

	Lap Pool	Therapy Poo
MONDAY	TUESDAY	WEDNESDA
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca	5:30 am Bootcamp [4 —Rebecca
	5:30 am Cycling [45min] Sara	5:30 am Zumba [45m Maria Pia
	5:30 am Mat Pilates [45min] —Karri	
	6:20 am Ab Express [15min] —Fitness Staff	
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 [45m —Tasha
8:30 am Cardio Strength [45min]—Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Ci [45min] —Karri
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Teresa	8:30 am Gentle Yoga —Ann
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Wate [45min] —Jess
	9:25 am Total Strength in 30 [30min] — Karri	9:15 am ROM [45min —Sheryl
9:30 am Deep Water [45min] —Sheryl/Sharon	9:30 am Aqua Chi [45min] — Glenda/Sheryl	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Bala [30min] —Glenda
10:45 am All Circuit [45min] —Sheryl/Kay		10:45 am Groove Lite —Karri
10:45 am Strength & Balance [30min]—Glenda		10:45 am Strength & [30min] — Glenda
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45n —Glenda
4:30 pm Zumba [45min] — Frankie		4:30 pm Pilates Sculpt —Rebecca
4:30 pm Pilates [45min] —Rebecca		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley	
5:30 pm Strength Training [45min] —Rebecca	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca
		6:20 pm Strength in 3 [30 min] —Rebecca

Therapy Pool		
WEDNESDAY		
5:30 am Bootcamp [45min] —Rebecca		
5:30 am Zumba [45min] — Maria Pia		
8:15 am Cycling [45min]		
—Tasha 8:30 am Bootcamp Circuit		
[45min] — Karri 8:30 am Gentle Yoga [75min]		
—Ann		
8:30 am Shallow Water [45min] —Jess		
9:15 am ROM [45min]		
—Sheryl		
10 am Strongth & Balanca		
10 am Strength & Balance [30min] —Glenda		
10:45 am Groove Lite [45min] —Karri		
10:45 am Strength & Balance		
[30min] —Glenda 11:30 am Tai Chi [45min]		
—Glenda		
4:30 pm Pilates Sculpt [45min] —Rebecca		
5:30 pm Step [45min]		
—Rebecca 6:20 pm Strength in 30		
[20 min] Pohocca		

Cycling Studio

Fitness Floor
THURSDAY
5:30 am Strength Training
[45min] —Rebecca
5:30 am Cycling [45min]—rotation
,
7:30 am Deep Water [45min]
—Jess
8:30 am Pilates Sculpt [45min]
—Karri 8:30 am Gentle Yoga [75min]
—Teresa
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 Kettlebell HITT
[45min] —Rebecca
- 22
5:30 pm Cycling [45min] —Rebecca
5:30 pm Zumba [45min] —
Maria Pia/Frankie

Mind/Body Studio

5:30 am Athletic Conditioning [45min] —Rebecca 5:30 am Mat Pilates [45min] —Karri 6:20 am Ab Express [15min] —Fitness Staff 8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min] —Karri 8:30 am Independent Power Hour Shallow Water [45min] 9:05 am Total HIIT [45min] —Karri 10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri 10:45 am Strength & Balance [30min] —Glenda 4:30 pm Kickboxing [45min] —Rebeccca		FRIDAY
Karri 6:20 am Ab Express [15min]Fitness Staff 8:15 am Cycling [45min]Tasha 8:30 am Tabata [30min]Karri 8:30 am Independent Power Hour Shallow Water [45min] 9:05 am Total HIIT [45min]Karri 10 am Strength & Balance [30min]Glenda 10:45 am Growing Stronger [45min]Karri 10:45 am Strength & Balance [30min]Glenda 4:30 pm Kickboxing [45min]		•
—Tasha 8:30 am Tabata [30min] —Karri 8:30 am Independent Power Hour Shallow Water [45min] 9:05 am Total HIIT [45min] —Karri 10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri 10:45 am Strength & Balance [30min] —Glenda	—Karri 6:20 am	n Ab Express [15min]
Hour Shallow Water [45min] 9:05 am Total HIIT [45min] —Karri 10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri 10:45 am Strength & Balance [30min] —Glenda 4:30 pm Kickboxing [45min]	—Tasha <mark>8:30 am</mark>	1
10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri 10:45 am Strength & Balance [30min] —Glenda 4:30 pm Kickboxing [45min]	Hour Sh <mark>9:05 am</mark>	nallow Water [45min]
[45min] — Karri 10:45 am Strength & Balance [30min] — Glenda 4:30 pm Kickboxing [45min]	10 am §	—Glenda
	[45min] 10:45 a	—Karri m Strength & Balance

SATURDAY							
:15 am Cycling [45min]							
-rotation ::15 am Mat Pilates [45min]							
-rotation							
:15 am Zumba [60min]							
-rotation							

MODIFIED GROUP CLASS SCHEDULE - SEPTEMBER 2022

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

Cycling Studio

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

Mind/Body Studio

Basketball Court

am Mat Pilates [45min]

Color code designates the location of the class:

	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Bootcamp [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min]—Rebecca	—Rebecca	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min] Sara		5:30 am Cycling [45min]—rotation		
	5:30 am Mat Pilates [45min]		[45IIIII]—rotation	5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Ab Express [15min]			6:20 am Ab Express [15min]	
7:30 am Deep Water [45min]	—Fitness Staff 7:30 am Deep Water [45min]		7:30 am Deep Water [45min]	—Fitness Staff	
—Jess	—Jess		—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	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45mir
[45min]—Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]		
—Kay	—Teresa	—Ann	—Teresa		
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
—Sheryl/Sharon 10 am Strength & Balance	Glenda/Sheryl 10 am Just Stretch [30min]	10 am Strength & Balance	—Sheryl 10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am All Circuit [45min]	10.000	10:45 am Groove Lite [45min]	19.99	10:45 am Growing Stronger	
—Sheryl/Kay		—Karri		[45min] —Karri	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min]—Glenda		[30min] —Glenda		[30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
— Gieriua		Gierida			
4:30 pm Zumba [45min] —		4:30 pm Pilates Sculpt [45min]	4:30 pm Kettlebell HITT	4:30 pm Kickboxing [45min]	
Frankie		—Rebecca	[45min] —Rebecca	— Rebeccca	
4:30 pm Pilates [45min]					
—Rebecca	5.20 cas Cooling [45 cain]		5:20 per Cooling [45min]		
5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]	5:30 pm Zumba [45min] —		
[45min] —Rebecca	—Kat	—Rebecca	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.

Mind/Body Studio

Basketball Court

Cycling Studio

	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min] Sara	5:30 am Bootcamp [45min]	5:30 am Cycling		
	5:30 am Mat Pilates [45min]	—Rebecca	[45min]—rotation	5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Ab Express [15min]			6:20 am Ab Express [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water		7:30 am Deep Water [45min]		
—Jess	Independent Circuit [45min]		—Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—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]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	Kaiii	Totation
—Кау	—Teresa	—Ann	—Teresa		
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	
	[45min] —Sheryl	[45min] —Jess		Hour Shallow Water [45min]	
	9:25 am Total Strength		9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
	in 30 [30min] —Karri		in 30 [30min]—Karri	—Karri	—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
SHELY I SHULLOH	olenda) oller yr	Siletyi	Sileryi		moduccor 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]	— Teresa	10:45 am Groove Lite [45min]	— ICICSa	10:45 am Growing Stronger	
—Sheryl/Kay		-Karri		[45min] —Karri/Kay	
10:45 am Strength & Balance [30min]Glenda		10:45 am Tai Chi [45min] —Glenda			
		4.20 mm Billion Co. J. 1545 1.1	4.20 mm Kattlahallitutt	4-20 mm //	
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] —Rebeccca	
4:30 pm Pilates [45min]					
—Rebecca					
5:30 pm Strength Training	5:30 pm Cycling [45min]	5:30 pm Step [45min]	5:30 pm Cycling [45min]		
[45min] —Rebecca 5:30 pm Aqua Chi [45min] —	—Ashley 5:30 pm Gentle Yoga [60min]	—Rebecca	—Rebecca 5:30 pm Zumba [45min] —		
Glenda	Kat		Maria Pia/Frankie		
		6:20 pm Strongth in 20			
		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.

Mind/Body Studio

Cycling Studio

Basketball Court

Color code designates the location of the class:

	Aerobics Studio	Cycling Studio	Willia/ Body Studio	Dasketball Court	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
ico cou				[1311111] Newcood	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling		
	—Tasha/Sara	—Rebecca	[45min]—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Ab Eugrass [1Emin]	9.15 am Cualing [45 min]		6.20 am Ab Evarass [15 min]	
	6:20 am Ab Express [15min]	8:15 am Cycling [45min]		6:20 am Ab Express [15min]	
	—Fitness Staff	—Tasha		—Fitness Staff	
0 am Deep Water [45min]	7:30 am Deep Water		7:30 am Deep Water [45min]		
ess	Independent Circuit [45min]		—Jess		
		8:15 am Cycling [45min]			
		—Tasha			
.5 am Cycling [45min]		8:30 am Gentle Yoga [75min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
Karri/Tasha		—Ann		—Tasha	-rotation
0 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Bootcamp Circuit	8:30 am Gentle Yoga [75min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45mir
(ay	—Teresa	[45min] —Karri	—Teresa	—Karri	-rotation
0 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Shallow Water	8:30 am Pilates Sculpt [45min]	100111	
min]—Stacey	—Karri	[45min] —Jess	—Karri		
,					
	8:30 am Shallow Water			8:30 am Independent Power	9:00am yoga [75min]
	[45min] —Sheryl			Hour Shallow Water [45min]	instructor rotation
		9:15 am ROM [45min]			9:15 am Zumba [60min]
		—Sheryl			—rotation
	9:25 am Total Strength	Sileryi	9:25 am Total Strength	9:05 am Total HIIT [45min]	
	in 30 [30min] —Karri		in 30 [30min]—Karri	—Karri	
30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —		9:30 am Deep Water [45min]		
Sheryl/Sharon	Glenda/Sheryl		—Sheryl		
, ,		10 am Strength & Balance	· ·		
		[30min] —Glenda			
am Strength & Balance	10 am Just Stretch [30min]	10:45 am Groove Lite [45min]	10 am Just Stretch [30min]	10 am Strength & Balance	
min] —Glenda	—Teresa	—Karri	—Teresa	[30min] —Glenda	
45 am All Circuit [45min]		10:45 am Tai Chi [45min]		10:45 am Growing Stronger	
heryl/Kay					
		—Glenda		[45min] —Karri/Kay	
45 am Strength & Balance		—Glenda		[45min] — Karri/Kay	
45 am Strength & Balance					
45 am Strength & Balance		4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
45 am Strength & Balance min]Glenda					
45 am Strength & Balance min]Glenda O pm Zumba [45min] —		4:30 pm Pilates Sculpt [45min]	4:30 pm Kettlebell HITT	4:30 pm Kickboxing [45min]	
45 am Strength & Balance min]Glenda O pm Zumba [45min] — nkie		4:30 pm Pilates Sculpt [45min]	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min]	
30 pm Zumba [45min] — ankie 30 pm Pilates [45min]		4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
:45 am Strength & Balance Omin]Glenda 30 pm Zumba [45min] — ankie 30 pm Pilates [45min] Rebecca		4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
:45 am Strength & Balance Omin]Glenda 30 pm Zumba [45min] — ankie 30 pm Pilates [45min] Rebecca	Fr20 mas Cooling [45 min]	4:30 pm Pilates Sculpt [45min] —Rebecca	[45min] —Rebecca	4:30 pm Kickboxing [45min]	
:45 am Strength & Balance Omin]Glenda 30 pm Zumba [45min] — ankie 30 pm Pilates [45min] Rebecca 30 pm Strength Training	5:30 pm Cycling [45min]	4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Step [45min]	[45min] —Rebecca 5:30 pm Cycling [45min]	4:30 pm Kickboxing [45min]	
245 am Strength & Balance Omin]Glenda 30 pm Zumba [45min] — Onkie 30 pm Pilates [45min] Rebecca 30 pm Strength Training Omin] — Rebecca	—Ashley	4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Step [45min] —Rebecca	[45min] —Rebecca 5:30 pm Cycling [45min] —Rebecca	4:30 pm Kickboxing [45min]	
:45 am Strength & Balance Omin]Glenda 30 pm Zumba [45min] — ankie 30 pm Pilates [45min] Rebecca		4:30 pm Pilates Sculpt [45min] —Rebecca 5:30 pm Step [45min]	[45min] —Rebecca 5:30 pm Cycling [45min]	4:30 pm Kickboxing [45min]	

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.

	Aerobics Studio	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]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
-Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling		
	—Tasha/Sara 5:30 am Mat Pilates [45min]	—Rebecca	[45min]—rotation	5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
: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]		- Nancoc Cuan	
45 C - d' [45 ' -]		—Tasha		0.45 0 [45 -1	0.45 C [45]
: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
3:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Bootcamp Circuit	8:30 am Gentle Yoga [75min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min
-Kay	—Teresa	[45min] —Karri	—Teresa	—Karri	—rotation
3:30 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			8:30 am Independent Power	9:00am yoga [75min]
	[45min] —Sheryl			Hour Shallow Water [45min]	instructor rotation
		9:15 am ROM [45min] —Sheryl			9:15 am Zumba [60min] —rotation
	9:25 am Total Strength		9:25 am Total Strength	9:05 am Total HIIT [45min]	
20 am Daan Matau [45min]	in 30 [30min] —Karri		in 30 [30min]—Karri	—Karri	
: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	,		
O a co Class with O Dalas as	40 1 1 Cl 1 - 1 [20 1 - 1	[30min] —Glenda	40 1 Cl - [20 -]	40 and Chancelle O. Balance	
0 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	
0:45 am All Circuit [45min]		10:45 am Tai Chi [45min]		10:45 am Growing Stronger	
-Sheryl/Kay		—Glenda		[45min] —Karri/Kay	
0:45 am Strength & Balance 30min]Glenda					
		4:30 pm Pilates Sculpt		4:30 pm Kickboxing [45min]	
		[45min] —Rebecca		—Rebeccca	
:30 pm Zumba [45min] —			4:30 pm Kettlebell HITT		
			[15/1111] Nescecu		
-Rebecca					
	5:30 pm Cycling [45min]	5:30 pm Step [45min]	5:30 pm Cycling [45min]		
	—Ashley	—Rebecca	—Rebecca		
	5:30 pm Gentle Yoga [60min]	6:20 pm Strength in 30	ividila ria/ridlikie		
	—Kat	[30min] —Rebecca			
Frankie 4:30 pm Pilates [45min] —Rebecca 5:30 pm Strength Training [45min] —Rebecca 5:30 pm Aqua Chi [45min] — Glenda	—Ashley 5:30 pm Gentle Yoga [60min]	—Rebecca 6:20 pm Strength in 30	[45min] —Rebecca 5:30 pm Cycling [45min]		

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.

Mind/Body Studio

Fitness Floor

Basketball Court

Color code designates the location of the class:

Aerobics Studio

Lap 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] —Tasha 5:30 am Mat Pilates [45min]	5:30 am Cycling [45min]—Jackie 5:30 am Bootcamp [45min]	5:30 am Cycling [45min]—Jackie/Karri	5:30 am Mat Pilates [45min]	
7:30 am Deep Water [45min] —Jess	Karri 6:20 am Ab Express [15min] Fitness Staff	—Rebecca	7:30 am Deep Water [45min] —Jess	Karri 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 Cardio Strength [45min]—Stacey	8:30 am Gentle Yoga [75min] —Teresa 8:30 am Pilates Sculpt [45min] —Karri	8:30 am Gentle Yoga [75min] —Ann 8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Gentle Yoga [75min] —Teresa 8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
	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
9:30 am Deep Water [45min] —Sheryl/Sharon	9:25 am Total Strength in 30 [30min] —Karri 9:30 am Aqua Chi [45min] — Glenda/Sheryl	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min]—Karri 9:30 am Deep Water [45min] —Sheryl	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —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 Strength & Balance [30min]Glenda		10:45 am Growing Stronger [45min] —Karri 10:45 am Tai Chi [45min] —Glenda		10:45 am Groove Lite [45min] —Karri 11 am Singing Bowls Meditation [30min] —Deb	
4:30 pm Zumba [45min] — Frankie 4:30 pm Pilates [45min] —Rebecca		4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Kettlebell HITT [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca	
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 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	5:30 pm Yoga Sculpt [60min] —Mary		

Cycling Studio

Therapy Pool

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.

Mind/Body Studio

Basketball Court

Cycling Studio

Color code designates the location of the class:

	Lan Deal	Therepy Dool	Fitness Floor	basketban court	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Cycling	5:30 am Cycling		
	—Lesley	[45min]—Jackie	[45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min]	5:30 am Bootcamp [45min]		5:30 am Mat Pilates [45min]	
	—Karri	—Rebecca		—Karri	
7:30 am Deep Water [45min]	6:20 am Ab Express [15min]		7:30 am Deep Water [45min]	6:20 am Ab Express [15min]	
—Jess	—Fitness Staff		—Jess	—Fitness Staff	
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	—Tasha 8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	—Tasha 8:30 am Tabata [30min]	—rotation 8:15 am Mat Pilates [45min]
—Teresa	Teresa	—Ann	—Teresa	—Karri	-rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	No.	- rotation
[45min]—Stacey	—Karri	[45min] —Karri	—Karri		
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Shallow Water	
	[45min] —Sheryl	[45min] —Sherri/Sandy		[45min] —Sherri	
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength		9:15 am Zumba [60min]
	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	—rotation
9:30 am Deep Water [45min]			9:30 am Deep Water [45min]		
—Sheryl/Sherri			—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am Lite N Low/All Circuit		10:45 am Growing Stronger		10:45 am Groove Lite [45min]	
[45min] —Sherri/Sheryl		[45min] —Karri		—Karri	
		10:45 am Tai Chi [45min]			
		—Glenda			
4:30 pm Zumba [45min] —		4:30 pm Pilates Sculpt [45min]	4:30 pm Kettlebell HITT	4:30 pm Kickboxing [45min]	
rotation		—Rebecca	[45min] —Rebecca	—Rebeccca	
4:30 pm Pilates [45min] —Rebecca					
Nebecca					
	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]		
	—Ashley		—Rebecca		
5:30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]			
[45min] —Rebecca 5:30 pm Aqua Chi [45min] —	—Kat	—Rebecca			
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.

Cycling Studio

Mind/Body Studio

Basketball Court

Color code designates the location of the class:

	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] — Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Cycling	5:30 am Cycling		
	—Lesley	[45min]—Jackie	[45min]—Jackie/Karri	5.20	
	5:30 am Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca		5:30 am Mat Pilates [45min] —Karri	
	Kaiii	Nebecca		Kaiii	
7:30 am Deep Water [45min]	6:20 am Ab Express [15min]		7:30 am Deep Water [45min]	6:20 am Ab Express [15min]	
—Jess	—Fitness Staff		—Jess	—Fitness Staff	
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	-rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
—Teresa	—Teresa	—Ann	—Teresa	—Karri	—rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]		
[45min]—Stacey	—Karri 8:30 am Shallow Water	[45min] — Karri 8:30 am Shallow Water	<mark>—Karri</mark>	8:30 am Shallow Water	
	[45min] —Sheryl	[45min] —Sherri/Sandy		[45min] —Sherri	
	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min]
9:30 am Deep Water [45min]	in 30 [30min] —Karri	—Sheryl	in 30 [30min]—Karri 9:30 am Deep Water [45min]		<u>—rotation</u>
—Sheryl/Sherri			—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda 10:45 am Lite N Low [45min]	—Teresa	[30min] — Glenda 10:45 am Growing Stronger	—Teresa	[30min] — Glenda 10:45 am Groove Lite [45min]	
—Sherri/Sheryl		[45min] —Karri		-Karri	
		10:45 am Tai Chi [45min]			
		—Glenda			
4:30 pm Zumba [45min] —		4.20 pm Pilotos Sculpt [45 min]	4:30 pm Kettlebell HITT	4.20 pm Kiekhoving [45 min]	
rotation		4:30 pm Pilates Sculpt [45min] —Rebecca	[45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca	
4:30 pm Pilates [45min]			[
—Rebecca					
E-20 pm Cycling [4Emin]	F.20 pm Cuoling [4Fmin]		5:20 pm Cycling [45min]		
5:30 pm Cycling [45min] —Rotation	5:30 pm Cycling [45min] —Ashley		5:30 pm Cycling [45min] —Rebecca		
5:30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]			
[45min] —Rebecca	—Kat	—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.

Mind/Body Studio	Aerobics Studio	Cycling Studio	Basketball Court	Lap Pool	Therapy Pool
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min] —Lesley		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			7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
Karri/Tasha8:30 am Gentle Yoga [75min]Teresa	8:30 am Gentle Yoga [75min] —Teresa	—Tasha 8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Teresa	—Tasha 8:30 am Tabata [30min] —Karri	—rotation 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	-Kaili	Totation
[+5Hill] Stacey	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Sherri/Sandy	Karri	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]		
—Sheryi/Sherri			—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]	— Teresa	10:45 am Growing Stronger	Teresa	10:45 am Groove Lite [45min]	
—Sherri/Sheryl		[45min] —Karri 10:45 am Tai Chi [45min]		—Karri	
		—Glenda			
4:30 pm Zumba [45min] —			4:30 pm Kettlebell HITT	4:30 pm Kickboxing [45min]	
rotation 4:30 pm Pilates [45min]			[45min] —Rebecca	—Rebeccca	
—Rebecca					
5:30 pm Cycling [45min]	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]		
—Tasha/Ashley 5:30 pm Strength Training	—Ashley 5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]	—Rebecca		
[45min] —Rebecca	—Kat	—Rebecca			
5:30 pm Aqua Chi [45min] — Glenda					
		6:20 pm Strength in 30 [30min] —Rebecca			
		[Soffilin] — Nebecca			

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]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Total Strength	5:30 am Athletic Conditioning	
—Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]		5:30 am Cycling		
	—Lesley		[45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min]	5:30 am Bootcamp [45min]		5:30 am Mat Pilates [45min]	
	—Karri	—Rebecca		—Karri	
7:30 am Deep Water [45min]			7:30 am Deep Water [45min]		7:15 am Cycling [45min]
—Jess			—Jess		—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]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Tabata [30min]	Τοτατιστι
—Teresa	—Teresa	—Ann	—Teresa	—Karri	
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]		
[45min]—Stacey	—Karri	[45min] —Jennie	—Karri	0:20 am Challau Matar	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Sherri/Sandy		8:30 am Shallow Water [45min] —Sherri	
	[45Hill] Sheryi	[4311111] Sherriy Sundy		[4311111] 3110111	
	9:25 am Total Strength		9:25 am Total Strength	9:05 am FHIIT [45min] — Karri	9:15 am Zumba [60min]
	in 30 [30min] —Karri		in 30 [30min]—Karri	3.03 am 11m1 [45mm] Karri	—rotation
9:30 am Deep Water [45min]			9:30 am Deep Water [45min]		
—Sheryl/Sherri			—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am Lite N Low [45min]		10:45 am Growing Stronger		10:45 am Groove Lite [45min]	
—Sherri/Sheryl		[45min] —Karri 10:45 am Tai Chi [45min]		<mark>—Karri</mark>	
		—Glenda			
4:30 pm Zumba [45min] —			4:30 pm Athletic Bells [45min]	4:30 pm Kickboxing [45min]	
rotation 4:30 pm Pilates [45min]			—Rebecca	—Rebeccca	
—Rebecca					
5:30 pm Cycling [45min]	5:30 pm Cycling [45min]		5:30 pm Cycling [45min]		
—Tasha/Ashley	—Ashley	E-20 pps Stop [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] —	No.	Hebecou			
Glenda					
]		6.20 6:			
		6:20 pm Strength in 30 [30min] —Rebecca			
		[Johnin] Nebecca			

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]	5:30 am Total Strength	Fr20 am Zumba [45 min] Maru	5:30 am Total Strength [45min]	5:30 am Athletic Conditioning	
—Rebecca	[45min]—Rebecca	5:30 am Zumba [45min] —Mary	—Rebecca	[45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Cycling [45min]	5:30 am Cycling		
	—Lesley	—Jackie	[45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min]	5:30 am Bootcamp [45min]		5:30 am Mat Pilates [45min]	
	—Karri	—Rebecca		—Karri	
7:30 am Deep Water [45min]			7:30 am Deep Water [45min]		7:15 am Cycling [45min]
—Jess			—Jess		—rotation
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Mat Pilates [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	0.20 T. hata [20 - 1.1 - Karat	
—Teresa	—Teresa	—Ann	—Teresa	8:30 am Tabata [30min] —Karri	
8:30 am Cardio Strength	8:30 am Pilates Combo [45min]	8:30 am Cardio Strength	8:30 am Pilates Combo [45min]		
[45min]—Stacey	—Karri	[45min] —Jennie	—Karri		
	8:30 am Shallow Water [45min]	8:30 am Shallow Water [45min]		8:30 am Shallow Water [45min]	
	—Sheryl	—Amanda		—Sherri	
	9:25 am Total Strength		9:25 am Total Strength		9:15 am Zumba [60min]
	in 30 [30min] —Karri		in 30 [30min]—Karri	9:05 am FHIIT [45min] —Karri	—rotation
9:30 am Deep Water [45min]			9:30 am Deep Water [45min]		
—Sheryl/Sherri			—Sheryl		
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
10:45 am Lite N Low [45min]	Teresa	10:45 am Growing Stronger	- Teresa	10:45 am Groove Lite [45min]	
—Sherri/Sheryl		[45min] —Karri		—Karri	
Sherryshery		10:45 am Tai Chi [45min]		Kuiii	
		—Glenda			
4.20 pp. 7. mbs [45 pp.]			4:30 mm Athletic Polls [45 min]	4:30 mm Kielde eving [45 min]	
4:30 pm Zumba [45min] —Mary/Maria Pia			4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca	1
4:30 pm Pilates [45min]			— Nebecca	— Nebeccca	
—Rebecca					
					1
5:30 pm Cycling [45min]	5:30 pm Cycling [45min]		5:30 pm Cycling [30min]		
—Tasha/Dom	—Ashley		—Rebecca		
5:30 pm Strength Training	5:30 pm Gentle Yoga [60min]	5:30 pm Step [45min]			
[45min] —Rebecca	—Kat	—Rebecca			1
5:30 pm Aqua Chi [45min] —					1
Glenda					
		6:20 pm Strength in 30 [30min]			
		—Rebecca			

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

Mind/Body Studio (10 participants)		Aerobics Studio (18 participants)		Cycling Studio (17 participants)	
Lap Pool (Participan	ts: Deep 15 / Shallow 20)	Therapy Pool (Participa	nts: 10 - masks required)	Basketball Cour	t (20 participants)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca 5:30 am Cycling [45min] —Lesley 5:30 am Mat Pilates [45min] —Karri	5:30 am Zumba [45min] —Mary 5:30 am Cycling [45min] —Jackie 5:30 am Bootcamp [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca 5:30 am Cycling [45min]—Jackie/Karri	5:30 am Athletic Conditioning [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 8:30 am Gentle Yoga [75min] —Teresa 8:30 am Cardio Strength [45min]—Stacey	8:30 am Gentle Yoga [75min] —Teresa 8:30 am Pilates Combo [45min] —Karri 8:30 am Shallow Water [45min] —Sheryl	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	8:30 am Gentle Yoga [75min] —Teresa 8:30 am Pilates Combo [45min] —Karri	8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min] —Karri 8:30 am Shallow Water [45min] —Sherri	8:15 am Mat Pilates [45min] —rotation
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 9:30 am Deep Water [45min] —Sheryl	9:05 am FHIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
10 am Strength & Balance [30min] —Glenda 10:45 am Lite N Low [45min] —Sherri/Sheryl	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri 10:45 am Tai Chi [45min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda 10:45 am Groove Lite [45min] —Karri	
4:30 pm Zumba [45min] —Mary/Maria Pia 4:30 pm Pilates [45min] —Rebecca			4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca	
5:30 pm Cycling [45min] —Tasha/Dom 5:30 pm Strength Training [45min] —Rebecca 5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Cycling [45min] —Ashley 5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca 6:20 pm Strength in 30 [30min]	5:30 pm Cycling [30min] —Rebecca		
		—Rebecca			

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

Aerobics Studio (18 participants)

Cycling Studio (17 participants)

Classe size and length unless otherwise noted:

Mind/Body Studio (10 participants)

Lap Pool (Participants:	Deep 15 / Shallow 18)	Therapy Pool (Participa	ants: 10 - masks required)	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] —Lesley 5:30 am Mat Pilates [45min]	5:30 am Cycling [45min] —Jackie 5:30 am Bootcamp [45min]	5:30 am Cycling [45min]—Jackie/Karri	5:30 am Mat Pilates [45min]	
	—Karri	—Rebecca		—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 Combo [45min] —Karri 8:30 am Shallow Water [45min] —Sheryl	8:30 am Cardio Strength [45min] —Jennie 8:30 am Shallow Water [45min] —Amanda	8:30 am Pilates Combo [45min] —Karri		
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	9:15 am Zumba [60min] —rotation
10:45 am Lite N Low [45min] —Sherri/Sheryl	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri 10:45 am Tai Chi [45min] —Glenda	10 am Just Stretch [30min] —Teresa	10 am Strength & Balance [30min] —Glenda 10:45 am Groove Lite [45min] —Karri	
4:30 pm Zumba [45min] —Mary/Maria Pia 4:30 pm Pilates [45min] —Rebecca		4:30 pm Pilates Combo [45min] —Karri	4:30 pm Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca	
5:30 pm Cycling [45min] —Tasha/Dom	5:30 pm Cycling [45min] —Ashley	E:20 pm Stop [4Emin]	5:30 pm Cycling [30min] —Dom		
5:30 pm Strength Training [45min] — Rebecca 5:30 pm Aqua Chi [45min] — Glenda	5:30 pm Gentle Yoga [60min] —Kat	5:30 pm Step [45min] —Rebecca			
6:15 pm Bootcamp [30min] —Dom/Tasha		6:20 pm Strength in 30 [30min] —Rebecca	6:15 pm Bootcamp [45min] —Dom		

MODIFIED GROUP CLASS SCHEDULE beginning February 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:

-Dom/Tasha

Mind/Body Stud	io (10 participants)	Aerobics Studio	o (18 participants)	Cycling Studio	(15 participants)
Lap Pool (Participants	s: Deep 12 / Shallow 15)	Therapy Pool (Participa	nts: 10 - masks required)	Basketball Cour	t (20 participants)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Total Strength	5:30 am Athletic	
—Rebecca	[45min]—Rebecca	—Mary	[45min] —Rebecca	Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min]	5:30 am Cycling [45min]	5:30 am Cycling	Nesceed	
	—Lesley	—Jackie	[45min]—Jackie/Karri		
	5:30 am Mat Pilates [45min]	5:30 am Bootcamp [45min]		5:30 am Pilates [45min]	
	—Karri	—Rebecca		—Karri	
7:30 am Deep Water			7:30 am Deep Water		
[45min] —Jess			[45min] —Jess		
8:15 am Cycling [45min]		8:15 am Cycling [45min]		8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	—rotation
8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:30 am Tabata [30min]	
[75min] —Teresa	[75min] —Teresa	[75min] —Ann	[75min] —Teresa	—Karri	
8:30 am Cardio Strength	8:30 am Pilates Combo	8:30 am Cardio Strength	8:30 am Pilates Combo		
[45min]—Stacey	[45min] —Karri	[45min] —Jennie	[45min] —Karri		
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Amanda			
	[45Hilli] —Sheryi	[45IIIII] —AIIIaliua			
9:30 am Deep Water	9:25 am Total Strength		9:25 am Total Strength	9:05 am FHIIT [45min]	
[45min] —Sheryl/Sherri	in 30 [30min] —Karri		in 30 [30min]—Karri	—Karri	
10:45 am Lite N Low [45min]	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
—Sherri/Sheryl	—Teresa	[30min] —Glenda	—Teresa	[30min] —Glenda	
		10:45 am Growing Stronger [45min] — Karri		10:45 am Groove Lite [45min] — Karri	
		10:45 am Tai Chi [45min]		[4511111] — Karri	
		—Glenda			
4:30 pm Zumba [45min]		4:30 pm Pilates Combo	4:30 pm Athletic Bells	4:30 pm Kickboxing [45min]	
—Mary/Maria Pia		[45min] —Karri	[45min] —Rebecca	—Rebeccca	
4:30 pm Pilates [45min]					
—Rebecca					
5:30 pm Cycling [45min]	5:30 pm Cycling [45min]		5:30 pm Cycling [30min]		
—Tasha/Dom	—Ashley		—Dom		
5:30 pm Strength Training	5:30 pm Gentle Yoga	5:30 pm Step [45min]			
[45min] —Rebecca	[60min] —Kat	—Rebecca			
5:30 pm Aqua Chi [45min] — Glenda					
Sicilia					
6:15 pm Bootcamp [30min]		6:20 pm Strength in 30	6:15 pm Bootcamp [45min]		
Dom/Tacha	1	[20min] Pohocca	Dom		

[30min] —Rebecca

-Dom

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

Mind/Body Studio (9 participants)		Aerobics Studio	(18 participants)	Cycling Studio (15 participants)	
	Lap Pool (Participants: De		ep 12 / Shallow 15) 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 Total Strength [45min] — Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan 5:30 am Mat Pilates [45min] —Karri	5:30 am Cycling [45min] —Jackie 5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min]—Dan		
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha 8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:15 am Cycling [45min] —Tasha 8:30 am Gentle Yoga		8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min]	8:15 am Cycling [45min] —rotation
[75min] —Teresa 8:30 am Cardio Strength [45min]—Stacey	[75min] —Teresa 8:30 am Pilates Combo [45min] —Karri 8:30 am Shallow Water [45min] —Sheryl	[75min] —Teresa 8:30 am Cardio Strength [45min] —Jennie 8:30 am Shallow Water [45min] —Amanda	8:30 am Pilates Combo [45min] — Karri	—Karri	
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 10:45 am Growing Stronger [45min] —Karri 10:45 am Tai Chi [45min] —Glenda	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda 10:45 am Groove Lite [45min] —Karri	
4:30 pm Zumba [45min] —Elisabeth/Mary 4:30 pm Pilates [45min] —Rebecca		4:30 pm Pilates Combo [45min] —Karri	4:30 pm Athletic Bells [45min] — Rebecca	4:30 pm Kickboxing [45min] —Rebeccca	
5:30 pm Cycling [45min] —Tasha/Dom 5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [30min] —Dom		
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

Mind/Body Studio (9 participants)		Aerobics Studio	(18 participants)	Cycling Studio (15 participants)	
	Lap Pool (Participants:	Deep 12 / Shallow 15)	Deep 12 / Shallow 15) 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 Total Strength [45min] — Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Dan 5:30 am Mat Pilates [45min] —Karri	5:30 am Cycling [45min] —Jackie 5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min]—Dan		
7:30 am Deep Water [45min] —Jess			7:30 am Deep Water [45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha 8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:15 am Cycling [45min] —Tasha 8:30 am Gentle Yoga		8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min]	8:15 am Cycling [45min] —rotation
[75min] —Teresa 8:30 am Cardio Strength [45min]—Stacey	[75min] —Teresa 8:30 am Pilates Combo [45min] —Karri 8:30 am Shallow Water [45min] —Sheryl	[75min] —Teresa 8:30 am Cardio Strength [45min] —Jennie 8:30 am Shallow Water [45min] —Amanda	8:30 am Pilates Combo [45min] — Karri	<mark>—Karri</mark>	
	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 10:45 am Growing Stronger [45min] —Karri	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda 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] —Rebeccca	
5:30 pm Cycling [45min] —Tasha/Dom 5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [30min] —Dom		
			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

Mind/Body Studio (9 participants)		Aerobics Studio (18 participants)		Cycling Studio (15 participants)	
	Lap Pool (Participants: I	Deep 12 / Shallow 15)	Basketball Court	t (20 participants)	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min]—Rebecca 5:30 am Cycling [45min]	5:30 am Zumba [45min] —Mary 5:30 am Bootcamp [45min]	5:30 am Total Strength [45min] — Rebecca 5:30 am Cycling	5:30 am Athletic Conditioning [45min] —Rebecca	
7:30 am Deep Water	—Dan 5:30 am Mat Pilates [45min] —Karri	—Rebecca	[45min]—Dan 7:30 am Deep Water		
[45min] —Jess			[45min] —Jess		
8:15 am Cycling [45min] —Karri/Tasha 8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:15 am Cycling [45min] —Tasha 8:30 am Gentle Yoga		8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min]	
[75min] —Teresa 8:30 am Cardio Strength [45min]—Stacey	[75min] —Teresa 8:30 am Pilates Combo [45min] —Karri 8:30 am Shallow Water [45min] —Sheryl	[75min] —Teresa 8:30 am Cardio Strength [45min] —Jennie 8:30 am Shallow Water [45min] —Amanda	8:30 am Pilates Combo [45min] —Karri	—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 10:45 am Growing Stronger [45min] — Karri	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda 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] —Rebeccca	
5:30 pm Cycling [45min] —Tasha/Dom 5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [30min] —Dom		
			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

Mind/Body Studio (9 participants)		Aerobics Studio (14 participants) Cycling Studio (15		15 participants)	
	Lap Pool (Participants: I	Deep 12 / Shallow 15)	Basketball Court	t (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 Mat Pilates [45min] —Karri	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min]—Dan		
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 8:30 am Gentle Yoga	8:30 am Gentle Yoga	8:15 am Cycling [45min] —Tasha 8:30 am Gentle Yoga		8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min]	
[75min] —Teresa 8:30 am Cardio Strength [45min]—Stacey	[75min] —Denise 8:30 am Pilates Combo [45min] —Karri 8:30 am Shallow Water [45min] —Jess	[75min] —Teresa 8:30 am Cardio Strength [45min] —Jennie 8:30 am Shallow Water [45min] —Amanda	8:30 am Pilates Combo [45min] —Karri	—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 10:45 am Growing Stronger [45min] —Karri	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda 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] —Rebeccca	
5:30 pm Cycling [45min] —Tasha/Dom 5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	5:30 pm Cycling [30min] —Dom		
			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

Mind/Body Studio	(9 participants)	Aerobics Studio	o (14 participants)	Cycling Studio (15 participant		
	Lap Pool (Participants:	Deep 12 / Shallow 15)	Basketball Cour	t (20 participants)		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Total Strength	5:30 am Athletic Conditioning [45min]		
—Rebecca	[45min]—Rebecca 5:30 am Cycling [45min]	—Mary 5:30 am Cycling [45min]	[45min] — Rebecca 5:30 am Cycling	—Rebecca		
	—Dan 5:30 am Mat Pilates [45min] —Karri	—Jackie/Karri	[45min]—Dan			
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 Shallow Water [45min] —Amanda	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 10:45 am Growing Stronger [45min] —Karri	10 am Just Stretch [30min]—Joni	10 am Strength & Balance [30min] —Glenda 10:45 am Zumba Gold [45min] —Karri		
4:30 pm Zumba [45min]			4:30 am Athletic Bells [45min] —Rebecca	4:30 pm Kickboxing [45min] —Rebeccca		
—Elisabeth/Mary 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 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

Mind/Body Studio (9 participants)		Aerobics Studi	o (14 participants)	Cycling Studio (15 participants)	
	Lap Pool (Participants:	Deep 12 / Shallow 15)			
MONDAY 5:30 am Kickboxing [45min] —Rebecca	TUESDAY 5:30 am Total Strength [45min]—Ashley/Rebecca 5:30 am Cycling [45min] —Dan 5:30 am Mat Pilates [45min] —Karri	WEDNESDAY 5:30 am Zumba [45min] —Mary 5:30 am Cycling [45min] —Jackie/Karri	THURSDAY 5:30 am Total Strength [45min] —Rebecca 5:30 am Cycling [45min]—Dan	FRIDAY 5:30 am Athletic Conditioning [45min] — Rebecca	SATURDAY
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	8:30 am Gentle Yoga [75min] — Denise 8:30 am Pilates Combo [45min] — Karri	8:15 am Cycling [45min] —Tasha 8:30 am Gentle Yoga [75min] —Teresa 8:30 am Cardio Strength [45min] —Jennie 8:30 am Shallow Water [45min] —Amanda	8:30 am Pilates Combo [45min] — Karri	8:15 am Cycling [45min] —Tasha 8:30 am Tabata [30min] —Karri	7:15 am Cycling [45min] —rotation
	9:25 am Total Strength in 30 [30min] — Karri 10 am Just Stretch [30min] —Joni	10 am Strength & Balance [30min] —Glenda 10:45 am Growing Stronger [45min] —Karri	9:25 am Total Strength in 30 [30min]—Karri 9:30 am Shallow Water [45min] —Jess 10 am Just Stretch [30min]—Joni	9:05 am Pump & Abs [45min] — Karri 10 am Strength & Balance [30min] — Glenda 10:45 am Zumba Gold [45min] — Karri	
4:30 pm Pilates Combo [45min] —Rebecca 4:30 pm Zumba [45min] —Elisabeth/Mary 5:30 pm Cycling [45min] —Tasha/Dom 5:30 pm Strength Training [45min] —Rebecca	5:30 pm Cycling [45min] —Ashley	5:30 pm Step [45min] —Rebecca	4:30 am Athletic Bells [45min] —Rebecca 5:30 pm Cycling [45min] —Dom	4:30 pm Kickboxing [45min] —Rebeccca	

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