

Group Fitness Calendar

Updated 4/2/24



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00AM Spin & Strength Kendra	5:15-6:15AM Cycle 60 Kellie	5:15-6:00AM Spin & Strength Kendra	5:15-6:00AM Boot Camp Kellie		
7:00-7:45AM Shallow Aqua Fit* Kendra	7:00-7:45AM Shallow Aqua Fit* Lucas	7:00-7:45AM Shallow Aqua Fit* Kendra	7:00-7:45AM Shallow Aqua Fit* Lucas	7:00-7:45AM Shallow Aqua Fit* Kendra	
	7:00-7:45AM Cardio Drumming* Kendra		7:00-7:45AM Cardio Drumming* Kendra		
8:00-8:45AM Aqua Mix Kendra	8:00-8:45AM Firm H2O Lucas	8:00-8:45AM Aqua Mix Kendra		8:00-8:45AM Aqua Mix Kendra	
	8:00-8:45AM Cardio Dance Gold* Stephani		8:00-8:45AM Zumba Grace	8:00-8:45AM Cardio Dance Gold* Stephani	8:00-9:00AM Zumba Step Grace
9:00-9:45AM Strong & Balanced* Kendra	9:00-9:50AM Strength and Stretch* Mellissa	9:00-9:45AM Strong & Balanced* Julie	9:00-9:50AM Strength and Stretch* David 9:00-9:50AM Power Yoga Deb	9:00-9:45AM Strong & Balanced* Kendra	9:15-10:00AM Spin Julie
	10:00-11:00AM Yoga Flow Mellissa	10:00-11:00AM Cardio Drumming* Kendra	10:00-11:00AM Gentle Yoga* Deb		10:10-10:55AM HIIT David
11:00-12:00PM Shallow Aqua Fit* Kendra	11:00-11:45AM Firm H2O Gold* Lucas	11:00-12:00PM Shallow Aqua Fit* Kendra		11:00-12:00PM Shallow Aqua Fit* Kendra	11:10-12:00PM Relax Yoga Love
	4:10-5:10PM Cardio Sculpt Jaci	2:30-3:15PM Strength and Stretch* Mellissa	4:10-5:10PM Cardio Sculpt Jaci	<p>CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register. Stop by or call 748-3230 for details.</p> <p>YOGA MATS: Members are advised to bring their own yoga mat. Limited shared mats are available.</p> <p>*Class is included in our Senior Membership but is not exclusively for seniors</p>	
5:30-6:15PM Spin & Strength David	5:30-6:15PM SculptX Jaci	5:30-6:15PM Spin Julie	5:30-6:15PM Workout Warrior HIIT -- David		
6:30-7:15PM Workout Warrior HIIT- David	6:40-7:40PM Zumba Grace	6:40-7:40PM Zumba Grace	6:40-7:40PM Classical Yoga Deb		
7:30-8:30PM Firm H2O Trish		7:30-8:30PM Firm H2O Trish			
8:00-8:45PM Cardio Golf Britni	7:50-8:50PM Yoga Strength Cara	7:50-8:50 PM Relax Yoga Love			