

Saturday Special: Line Dancing with Harriett - Saturday at 10 am!

Tai Chi is on break and will resume starting April 24 - Wednesdays and Fridays at 11:30 am

Note: Classes with LIVE instructors are shaded.

By Hour		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Early Birds	5am	5:30AM-6:00AM <b>Boot Camp</b> <i>Jared</i>	5:30AM-6:15AM <b>Spin</b> <i>Mitchell</i>	5:15AM-6:00AM <b>LES MILLS BODYPUMP</b> <i>Amber</i>	5:30AM-6:15AM <b>Spin</b> <i>Mitchell</i>	5:30AM-6:00AM <b>LES MILLS BODYCOMBAT</b> Virtual Class			
			5:30AM-6:00AM <b>GRIT</b>   PLYO Virtual Class		5:30AM-6:00AM <b>GRIT</b>   CARDIO Virtual Class				
	6am	6:15AM-6:45AM <b>LES MILLS BODYPUMP</b> Virtual Class	6:15AM-6:45AM <b>LES MILLS BODYCOMBAT</b> Virtual Class	6:15AM-6:45AM <b>LES MILLS BODYFLOW</b> Virtual Class	6:15AM-6:45AM <b>LES MILLS CXWORX</b> Virtual Class	6:15AM-6:45AM <b>GRIT</b>   PLYO Virtual Class			
7am		7:00AM-7:30AM <b>LES MILLS BODYCOMBAT</b> Virtual Class	7:00AM-7:30AM <b>GRIT</b>   CARDIO Virtual Class	7:00AM-7:45AM <b>LES MILLS BODYPUMP</b> Virtual Class	7:00AM-7:45AM <b>GRIT</b>   PLYO Virtual Class	7:00AM-7:30AM <b>LES MILLS BODYFLOW</b> Virtual Class	7:15AM-7:45AM <b>LES MILLS BODYCOMBAT</b> Virtual Class		
			7:30AM-8:00AM <b>Member's Choice</b> <i>Les Mills Program</i>			7:45AM-8:45AM <b>LES MILLS BODYPUMP</b> Virtual Class			
Morning	8am	8:00AM-8:45AM <b>Low Impact</b> <i>Anna</i>	8:00AM-8:45AM <b>Spin</b> <i>Janice</i>	8:00AM-8:45AM <b>Starter Strength</b> <i>Anna</i>	8:00AM-8:45AM <b>Step</b> <i>Nancy</i>	8:00AM-8:45AM <b>Spin</b> <i>Janice</i>	8:00AM-9:00AM <b>LES MILLS BODYPUMP</b> Virtual Class		
			8:15AM-8:45AM <b>LES MILLS BODYFLOW</b> Virtual Class						
	9am		9:00AM-9:45AM <b>Yoga</b> <i>Anna</i>	9:00AM-9:55AM <b>Line Dancing</b> <i>Harriett</i>	9:00AM-9:45AM <b>Balance &amp; Core</b> <i>Anna</i>	9:00AM-9:55AM <b>Yoga</b> <i>Robin</i>	9:00AM-9:55AM <b>Line Dancing</b> <i>Harriett</i>		
			9:15AM-10:00AM <b>Power Plunge</b> <i>Felicia</i>		9:15AM-10:00AM <b>Power Plunge</b> <i>Joann</i>		9:15AM-10:00AM <b>Power Plunge</b> <i>Rebecca</i>		
	10am		10:00AM-11:00AM <b>Zumba</b> <i>Jenny</i>	10:15AM-11:00AM <b>Member's Choice</b> <i>Les Mills Program</i>	10:00AM-11:00AM <b>Zumba</b> <i>Jenny</i>	10:15AM-11:00AM <b>Member's Choice</b> <i>Les Mills Program</i>	10:00AM-11:00AM <b>Zumba</b> <i>Mildred</i>	10:00AM-11:00AM <b>Line Dancing</b> <i>Harriett</i>	
		10:15AM-11:00AM <b>Gentle Waves</b> <i>Felicia</i>		10:15AM-11:00AM <b>Gentle Waves</b> <i>Joann</i>		10:15AM-11:00AM <b>Gentle Waves</b> <i>Rebecca</i>			

By Hour		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mid-Day	11am	11:30AM-12:00PM <b>Fall Prevention</b> <i>Eric</i>	11:15AM-11:45AM <b>Sit &amp; Be Fit</b> <i>Ryan</i>	11:30AM-12:15PM <b>Tai Chi</b> <i>will resume April 24</i>	11:15AM-11:45AM <b>Sit &amp; Be Fit</b> <i>Ryan</i>	11:30AM-12:15PM <b>Tai Chi</b> <i>will resume April 24</i>	11:30AM-12:15PM <b>SH'BAM</b> <i>Virtual Class</i>	
	12pm	12:15PM-12:45PM <b>BODYCOMBAT</b> <i>Virtual Class</i>	12:15PM-12:45PM <b>GRIT   PLYO</b> <i>Virtual Class</i>	12:30PM-1:30PM <b>BODYFLOW</b> <i>Virtual Class</i>	12:15PM-12:45PM <b>BODYCOMBAT</b> <i>Virtual Class</i>	12:30PM-1:30PM <b>BODYPUMP</b> <i>Virtual Class</i>	12:30PM-1:30PM <b>BODYPUMP</b> <i>Virtual Class</i>	
	1pm	1:00PM-1:30PM <b>GRIT   CARDIO</b> <i>Virtual Class</i>	1:00PM-1:30PM <b>BODYPUMP</b> <i>Virtual Class</i>		1:00PM-1:30PM <b>GRIT   PLYO</b> <i>Virtual Class</i>			1:15PM-2:00PM <b>BODYPUMP</b> <i>Virtual Class</i>
Afternoon	2pm	1:45PM-2:15PM <b>Member's Choice</b> <i>Les Mills Program</i>	1:45PM-2:15PM <b>BODYFLOW</b> <i>Virtual Class</i>	1:45PM-2:15PM <b>BODYPUMP</b> <i>Virtual Class</i>	1:45PM-2:15PM <b>CXWORX</b> <i>Virtual Class</i>			
	3pm	2:30PM-3:00PM <b>BODYPUMP</b> <i>Virtual Class</i>	2:30PM-3:00PM <b>CXWORX</b> <i>Virtual Class</i>	2:30PM-3:00PM <b>SH'BAM</b> <i>Virtual Class</i>	2:30PM-3:00PM <b>BODYFLOW</b> <i>Virtual Class</i>	2:00PM-2:30PM <b>GRIT   CARDIO</b> <i>Virtual Class</i>		2:15PM-3:15PM <b>BODYCOMBAT</b> <i>Virtual Class</i>
	4pm	3:45PM-4:15PM <b>BODYFLOW</b> <i>Virtual Class</i>	3:15PM-4:00PM <b>BODYPUMP</b> <i>Virtual Class</i>	3:15PM-4:15PM <b>Member's Choice</b> <i>Les Mills Program</i>	3:15PM-4:15PM <b>Member's Choice</b> <i>Les Mills Program</i>	2:45PM-3:45PM <b>BODYCOMBAT</b> <i>Virtual Class</i>		3:30PM-4:30PM <b>BODYFLOW</b> <i>Les Mills Program</i>
Evening	4pm	4:30PM-5:15PM <b>BODYPUMP</b> <i>Jan</i>	4:30PM-5:15PM <b>OldSchool Step</b> <i>Christine</i>	4:30PM-5:00PM <b>GRIT   PLYO</b> <i>Virtual Class</i>	4:30PM-5:00PM <b>Boot Camp</b> <i>Ryan</i>	4:30PM-5:30PM <b>BODYPUMP</b> <i>Jan</i>		
	5pm	5:30PM-6:15PM <b>Zumba</b> <i>Jan</i>	5:30PM-6:15PM <b>BODYPUMP</b> <i>Sydney</i>	5:30PM-6:30PM <b>BODYPUMP</b> <i>Sydney</i>	5:30PM-6:15PM <b>OldSchool Step</b> <i>Jan</i>	5:45PM-6:15PM <b>BODYFLOW</b> <i>Virtual Class</i>		
		5:30PM-6:15PM <b>Begin Spin</b> <i>Audrev</i>		5:30PM-6:15PM <b>Spin</b> <i>Janice</i>	5:30PM-6:30PM <b>Kid Fit GYM</b> <i>Ryan</i>			
	6pm	5:30PM-6:30PM <b>Splash Kid Fit</b> <i>Ryan</i>						
		6:00PM-6:45PM <b>H2O Mobility</b> <i>Rebecca</i>	6:00PM-6:45PM <b>H2O Mobility</b> <i>Rebecca</i>		6:00PM-6:45PM <b>H2O Mobility</b> <i>Rebecca</i>			
7pm	6:30PM-7:30PM <b>BODYPUMP</b> <i>Amber</i>	6:30PM-7:30PM <b>Yoga</b> <i>Nancy</i>	6:35PM-7:30PM <b>Zumba</b> <i>Jenny</i>	6:30PM-7:15PM <b>Tai Chi</b> <i>Larry</i>	6:30PM-7:30PM <b>BODYCOMBAT</b> <i>Virtual Class</i>			
	7:35PM-8:30PM <b>Line Dancing</b> <i>Harriett</i>	7:45PM-8:15PM <b>CXWORX</b> <i>Virtual Class</i>	7:45PM-8:15PM <b>BODYFLOW</b> <i>Virtual Class</i>	7:45PM-8:30PM <b>Member's Choice</b> <i>Les Mills Program</i>				

### LEGEND & CLASS LOCATIONS



Spin Class

Spin Studio



Kid Fit

Basketball Court



Aquatic Class

Therapy Pool  
Lap Pool



Virtual

Located in Group Fitness Studio. Equipment needs & set up instructions are posted in the equipment room.

**Note: Classes with LIVE instructors are shaded.**

Love a class? Invite a friend to try it with you for FREE! Ask a staff member about a FREE CLASS PASS to share.