

# SPRING 2025 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6AM</b>	<b>Cycle (E)</b> 6:30-7:15AM Hayden	<b>BODYPUMP™ (B)</b> 6:15-7:15AM Lily	<b>Cycle (E)</b> 6:30-7:15AM Hayden	<b>BODYPUMP™ (B)</b> 6:15-7:15AM Lily	<b>BODYPUMP™ (B)</b> 6:30-7:30AM Justice		
	<b>QuickFit (C)</b> 6:30-7:15AM Brooke	<b>Deep Water (DW)</b> 6:15-7:15AM Kim		<b>Deep Water (DW)</b> 6:15-7:15AM Kim	<b>QuickFit (C)</b> 6:30-7:15AM Seth		
		<b>Yoga (F)</b> 6:30-7:30AM Kristi		<b>Yoga (F)</b> 6:30-7:30AM Kristi			
		<b>QuickFit (C)</b> 6:30-7:15AM Seth		<b>QuickFit (C)</b> 6:30-7:15AM Seth			
<b>10AM</b>						<b>Yoga (F)</b> 10:00-11:00AM Myrna	
<b>11AM</b>			<b>AquaFit (RP)</b> 11:00-11:45AM Sandi				
<b>12PM</b>	<b>BODYPUMP™ (B)</b> 12:15-1:15PM Melanie	<b>Deep Water (DW)</b> 12:15-1:00PM Kim	<b>BODYPUMP™ (B)</b> 12:15-1:15PM Melanie	<b>Deep Water (DW)</b> 12:15-1:00PM Kim	<b>Yoga (F)</b> 12:15-1:00PM Myrna		
	<b>CORE™ (F)</b> 12:30-1:10PM Kelly	<b>QuickFit (C)</b> 12:15-12:45PM Nick	<b>QuickFit (C)</b> 12:30-1:00PM Brody	<b>QuickFit (C)</b> 12:15-12:45PM Nick	<b>TONE™ (B)</b> 12:30-1:15PM Kelly		
	<b>CardioBox (BOX)</b> 12:30-1:00PM Maggie	<b>Yoga (F)</b> 12:15-1:00PM Juli	<b>Yogalates (F)</b> 12:30-1:00PM Kristi	<b>Yoga (F)</b> 12:15-1:00PM Myrna	<b>CardioBox (BOX)</b> 12:30-1:00PM Maggie		
		<b>Core Blast (A)</b> 12:30-1:00PM Hayden					
<b>4PM</b>	<b>CardioBox (BOX)</b> 4:15-5:00PM Carlee	<b>Yoga &amp; Meditation (F)</b> 4:15-5:15PM Ruth	<b>CardioBox (BOX)</b> 4:15-5:00PM Carlee	<b>QuickFit (C)</b> 4:15-4:45PM Maggie	<b>Yoga &amp; Meditation (F)</b> 4:15-5:15PM Ruth		
	<b>Glutes &amp; Core (A)</b> 4:15-4:45PM Melissa		<b>Full Body Sculpt (A)</b> 4:15-5:00PM Melissa	<b>Full Body Blast (B)</b> 4:15-5:15PM Claire			<b>Yoga (F)</b> 4:00-5:00PM Myrna
	<b>Cycle Express (E)</b> 4:15-4:45PM Olivia		<b>Cycle Express (E)</b> 4:15-4:45PM Olivia				
<b>5PM</b>	<b>Yoga (F)</b> 5:15-6:15PM Renee	<b>TRX® 360 (D)</b> 5:15-6:15PM Claire	<b>Yoga (F)</b> 5:15-6:15PM Ruth				<b>Cycle (E)</b> 5:30-6:15PM Kati
	<b>Cycle (E)</b> 5:15-6:00PM Dana	<b>Fit Dawgs (C)</b> 5:15-6:15PM Nick	<b>Cycle (E)</b> 5:15-6:00PM Nicholas	<b>Fit Dawgs (C)</b> 5:15-6:15PM Nick	<b>TRX® Yoga (D)</b> 5:30-6:30PM Ruth		
	<b>Strength &amp; Stretch (A)</b> 5:30-6:30PM Nick	<b>Barre x Yoga (A)</b> 5:30-6:30PM Ruth	<b>Full Body Blast (B)</b> 5:30-6:15PM Maggie	<b>Yoga &amp; Meditation (F)</b> 5:15-6:15PM Renee			
		<b>Cycle (E)</b> 5:30-6:15PM Ally		<b>Cycle (E)</b> 5:30-6:15PM Ava			
		<b>BODYPUMP™ (B)</b> 5:30-6:15PM Betsy		<b>BODYPUMP™ (B)</b> 5:30-6:15PM Betsy			
<b>6PM</b>	<b>Cycle Core (E)</b> 6:15-7:15PM Kati	<b>Cycle (E)</b> 6:30-7:15PM Nicholas	<b>Cycle Circuit (E&amp;D)</b> 6:15-7:15PM Kati	<b>Cycle (E)</b> 6:30-7:15PM Nicholas			
	<b>BODYPUMP™ (B)</b> 6:30-7:30PM Kristi	<b>BODYBALANCE™ (F)</b> 6:30-7:15PM Betsy	<b>BODYPUMP™ (B)</b> 6:30-7:30PM Justice	<b>BODYBALANCE™ (F)</b> 6:30-7:15PM Betsy			
<b>7PM</b>	<b>Pilates (A)</b> 7:00-7:45PM Vivian		<b>Step (A)</b> 7:00-7:45PM Vivian				





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<b>Aqua Tabata</b>	Want HIIT without the impact? Aqua Tabata is a type of high-intensity interval training that will push your limits using the properties of water. This class includes periods of high intensity exercise that are followed by short periods of rest. Classes are held in the Rec Pool. No swimming experience necessary.
<b>Barre x Yoga</b>	A cross between barre and yoga, this class will provide you with all the toning benefits of barre and the relaxation of yoga. Small weights, balls, and bands may be used to enhance the workout.
<b>BODYBALANCE™</b>	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.
<b>BODYPUMP™</b>	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
<b>CardioBox</b>	CardioBox is a high intensity interval training class designed to make you sweat! With an additional emphasis on ab exercises, CardioBox is a great full body workout for everyone! No prior boxing experience is required!
<b>Core Blast</b>	The ab class you have been waiting for with some back exercises to balance out your muscles and improve your core stability by strengthening muscles in the abdomen, lower back, and pelvis. This class focuses on exercises that engage the muscles of the torso to improve posture, balance, and stability in 30 minutes!
<b>Cycle/ Cycle Express</b>	Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact, cardio and strength fusion.
<b>Deep Water</b>	Exhaust every muscle in your body and ignite your core without ever touching the ground in this low-impact, cardio and strength based class! Classes are held in the diving well. Buoyancy belts provided. No swimming experience required.
<b>Fit Dawgs</b>	In this hour-long athlete style class, every class is designed to target training through the lens of athletic performance, but for everyday people. Through a mix of plyometrics, weightlifting, sprints, change of direction, and many more training styles, the goal is to improve speed, vertical jump, strength, power, and overall athleticism. Every training session is designed to push your limits and see the untapped potential you have as an athlete, because everybody is an athlete. When we work as a team, we improve as a team!
<b>Full Body Blast</b>	Join us for this intense, high-energy workout that targets all major muscle groups in a single session. It typically combines strength training, cardio, and flexibility exercises to provide a comprehensive fitness experience. Participants engage in a series of dynamic movements, including bodyweight exercises, resistance training, plyometrics, and high-intensity interval training (HIIT). This class is suitable for all fitness levels, as modifications are often provided to accommodate different abilities. Expect to leave feeling challenged, empowered, and energized!
<b>Full Body Sculpt</b>	Get ready to power up your fitness routine with this full-body sculpting class. This class uses resistance training with dumbbells and bodyweight exercises focused on core strength, glute activation, and upper and lower body strength to challenge every part of your body.
<b>Glutes &amp; Core</b>	Get ready to sculpt and strengthen your lower body and core in this dynamic workout class! Focused on building strong glutes, hips, core, this class combines targeted exercises to activate and challenge your muscles. You'll perform a mix of bodyweight movements and resistance exercises that focus on glute activation, balance, stability, and core strength. Suitable for all fitness levels!
<b>Strength &amp; Stretch</b>	Get ready to work hard and recover even harder! In this 45-minute Strength and Stretching class, you'll power through 30-35 minutes of dynamic strength training to build muscle and boost endurance. Then, we'll shift into focused stretching to enhance flexibility and release tension—because there is no results without recovery. Leave feeling strong, refreshed, and ready for more!
<b>Pilates</b>	Pilates is a low-impact, mat-based class that focuses on the core as the powerhouse, or control center, of the body that is designed to develop balance and stabilization of supporting muscles while focusing on breathing.
<b>Step Aerobics</b>	Get ready to elevate your fitness routine and step up to a new challenge! Our Step Aerobics class combines high-energy cardio with dynamic movements to help you burn calories, tone muscles, and improve coordination.
<b>TRX® 360</b>	Take your training to the next level with TRX® 360! In addition to the TRX® Suspension Trainer®, this circuit-based class will incorporate a blend of strength training equipment and cardio movements to give you the ultimate full-body workout. Come prepared to advance your TRX® training, challenge your cardiovascular endurance, and increase muscular strength, all fitness levels welcome!
<b>TRX® Yoga</b>	This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using bodyweight exercises while the yoga portion will focus on improving mobility and mindfulness.
<b>QuickFit</b>	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
<b>Yoga</b>	Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body. Class structure and intensity may vary.
<b>Yoga &amp; Meditation</b>	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened meditation time to improve serenity and focus as well as comfortably stretching the muscles.

