

SPRING 2025 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Cycle (E) 6:30-7:15AM Hayden	BODYPUMP™ (B) 6:15-7:15AM Lily	Cycle (E) 6:30-7:15AM Hayden	BODYPUMP™ (B) 6:15-7:15AM Lily	BODYPUMP™ (B) 6:30-7:30AM Justice		
	QuickFit (C) 6:30-7:15AM Brooke	Deep Water (DW) 6:15-7:15AM Kim		Deep Water (DW) 6:15-7:15AM Kim	QuickFit (C) 6:30-7:15AM Seth		
		Yoga (F) 6:30-7:30AM Kristi		Yoga (F) 6:30-7:30AM Kristi			
		QuickFit (C) 6:30-7:15AM Seth		QuickFit (C) 6:30-7:15AM Seth			
10AM						Yoga (F) 10:00-11:00AM Myrna	
11AM			AquaFit (RP) 11:00-11:45AM Sandi				
12PM	BODYPUMP™ (B) 12:15-1:15PM Melanie	Deep Water (DW) 12:15-1:00PM Kim	BODYPUMP™ (B) 12:15-1:15PM Melanie	Deep Water (DW) 12:15-1:00PM Kim	Yoga (F) 12:15-1:00PM Myrna		
	CORE™ (F) 12:30-1:10PM Kelly	QuickFit (C) 12:15-12:45PM Nick	QuickFit (C) 12:30-1:00PM Brody	QuickFit (C) 12:15-12:45PM Nick	TONE™ (B) 12:30-1:15PM Kelly		
	CardioBox (BOX) 12:30-1:00PM Maggie	Core Blast (A) 12:30-1:00PM Hayden	Yogalates (F) 12:30-1:00PM Kristi	Yoga (F) 12:15-1:00PM Myrna	CardioBox (BOX) 12:30-1:00PM Maggie		
3PM		Power Yoga (F) 3:00-4:00PM Juli					
4PM	CardioBox (BOX) 4:15-5:00PM Carlee	Yoga & Meditation (F) 4:15-5:15PM Ruth	CardioBox (BOX) 4:15-5:00PM Carlee	QuickFit (C) 4:15-4:45PM Maggie	Yoga & Meditation (F) 4:15-5:15PM Ruth		
	Glutes & Core (A) 4:15-4:45PM Melissa	Cycle Express (E) 4:15-4:45PM Olivia	Full Body Sculpt (A) 4:15-5:00PM Melissa	Full Body Blast (B) 4:15-5:00PM Claire			Yoga (F) 4:00-5:00PM Myrna
	Cycle Express (E) 4:15-4:45PM Olivia		Cycle Express (E) 4:15-4:45PM Olivia				
5PM	Yoga (F) 5:15-6:15PM Renee	TRX® 360 (D) 5:15-6:15PM Claire	Yoga (F) 5:15-6:15PM Ruth				Cycle (E) 5:30-6:15PM Kati
	Cycle (E) 5:15-6:00PM Dana	Fit Dawgs (C) 5:15-6:15PM Nick	Cycle (E) 5:15-6:00PM Nicholas	Fit Dawgs (C) 5:15-6:15PM Nick	TRX® Yoga (D) 5:30-6:30PM Ruth		
	Strength & Stretch (A) 5:30-6:30PM Nick	Barre x Yoga (A) 5:30-6:30PM Ruth	Full Body Blast (B) 5:30-6:15PM Maggie	Yoga & Meditation (F) 5:15-6:15PM Renee			
		Cycle Express (E) 5:45-6:15PM Ally		Cycle (E) 5:30-6:15PM Ava			
		BODYPUMP™ (B) 5:30-6:15PM Betsy		BODYPUMP™ (B) 5:30-6:15PM Betsy			
6PM	Cycle Core (E) 6:15-7:15PM Kati	Cycle (E) 6:30-7:15PM Nicholas	Cycle Circuit (E&D) 6:15-7:15PM Kati	Cycle (E) 6:30-7:15PM Nicholas			
	BODYPUMP™ (B) 6:30-7:30PM Kristi	BODYBALANCE™ (F) 6:30-7:15PM Betsy	BODYPUMP™ (B) 6:30-7:30PM Justice	BODYBALANCE™ (F) 6:30-7:15PM Betsy			
7PM	Pilates (A) 7:00-7:45PM Vivian		Step (A) 7:00-7:45PM Vivian				



SPRING 2025 GROUP FITNESS SCHEDULE

Aqua Tabata	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.
Barre x Yoga	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.
BODYBALANCE™	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.
BODYPUMP™	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
CardioBox	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!
Core Blast	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!
Cycle/ Cycle Express	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.
Deep Water	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.
Fit Dawgs	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!
Full Body Blast	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!
Full Body Sculpt	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.
Glutes & Core	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!
Strength & Stretch	Get ready to work hard and recover even harder! In this 60-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!
Pilates	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.
Power Yoga	Power yoga is a class style that moves at a faster pace, challenging your balance, strength, and flexibility. We'll build off sun salutations and incorporate breathwork to stay grounded in our practice.
Step Aerobics	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.
TRX® 360	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!
TRX® Yoga	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.
QuickFit	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Yoga	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.
Yoga & Meditation	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.

