

# SUMMER 2025 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM		Deep Water (DW) 6:15-7:15AM Kim		Deep Water (DW) 6:15-7:15AM Kim		
		MetCon (C) 6:30-7:15AM Naemah		QuickFit (C) 6:30-7:15AM Naemah		
8AM	Cycle (E) 8:15-9:00AM Colby					
10AM						Yoga (F) 10:00-11:00AM Myrna
11AM			Aqua Tabata (REC) 11:00-11:45AM Sandi			Cycle (E) 11:00-11:45AM Colby
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	QuickFit (C) 12:30-1:00PM Brody	
	Yoga (F) 12:15-1:15PM Myrna	Full Body Blast (B) 12:30-1:15PM Jocelin	QuickFit (C) 12:30-1:00PM Brody	Yoga (F) 12:15-1:15PM Myrna		
	QuickFit (C) 12:30-1:00PM Brody		Barre (A) 12:30-1:15PM Hannah	Full Body Blast (B) 12:30-1:15PM Jocelin		
	Barre (A) 12:30-1:15PM Hannah					
4PM	Yoga (F) 4:00-5:00PM Juli	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga (F) 4:00-5:00PM Juli	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga (F) 4:30-5:30PM Ruth	
		Glute Sculpt & Strength (A) 4:15-4:45PM Melissa		Burn & Build Bootcamp (C) 4:15-5:00PM Melissa		
5PM		BODYPUMP™ (B) 5:30-6:15PM Betsy	TRX® Yoga (D) 5:15-6:15PM Ruth	BODYPUMP™ (B) 5:30-6:15PM Betsy		
		Yogalates (A) 5:45-6:30PM Hannah	Cardio Dance (B) 5:15-6:15PM Jocelin	Barre (A) 5:30-6:15PM Jocelin		
				TRX® Yoga (D) 5:45-6:45PM Ruth		
6PM	Cycle Express E) 6:30-7:00PM Colby	BODYBALANCE™ (F) 6:30-7:15PM Betsy		BODYBALANCE™ (F) 6:30-7:15PM Betsy		
7PM	Pilates (A) 7:00-7:45PM Vivian		Strength & Stretch (A) 7:00-7:45PM Vivian			





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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	This class is a full body workout utilizing ballet, Pilates, and strength training. The Barre format strengthens and stabilizes muscles, while performing small isometric movements. No ballet experience necessary!
BODYPUMP™	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
BODYBALANCE™	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.
Burn & Build Bootcamp	Push your limits, build strength, and bond as a team in this high-energy, full body bootcamp. Burn & Build Bootcamp fuses strength circuits, cardio bursts, and partner-based challenges to help you sculpt lean muscle, and stay motivated every step of the way. Designed to foster camaraderie and a strong group vibe, this class is- n't just about reps—it's about rising together. Whether you're high fiving after a tough round or crushing a team finisher, you'll leave stronger, both physically and mentally. All fitness levels welcome—just bring your hustle and your team spirit.
Cardio Dance	Let the music move you in this high-energy cardio dance party! Designed to get your heart pumping and your body grooving, this class blends easy-to-follow choreography with nonstop movement for a full-body workout that feels more like fun than fitness. From Latin beats to pop hits, you'll dance, sweat, and smile your way through every session. No dance experience needed—just bring your energy and let loose! All levels welcome.
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 without ever touching the ground in this low impact cardio strength class! Buoyancy belts provided. No swimming experience required.
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!
Glute Sculpt & Strength	Fire up your glutes and build a stronger, more sculpted lower body in this targeted training class. Designed to activate and isolate the glute muscles, this session combines resistance training, functional movements, and high-rep burnouts to help you build strength, shape, and endurance. Expect a mix of squats, lunges, hip thrusts, band work, and core engagement—perfect for improving posture, power, and overall lower-body performance. All levels welcome.
MetCon	Max out your performance and push past your limits in this high-intensity training session designed to fire up your metabolism and build serious endurance. MetCon combines strength, speed, and cardio in a powerful circuit format using functional movements, interval training, and varied equipment. Expect a full-body burn, elevated heart rate, and improved work capacity that lasts long after the workout ends. Whether you're training for a sport or just want to train like an athlete, MetCon brings the challenge!
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.
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.
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!
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.
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.
Yogalates	Experience the perfect blend of Yoga and Pilates in Yogalates! This unique workout combines the flexibility and mindfulness of yoga with the core-strengthening and toning benefits of Pilates. Whether you're a seasoned yogi or new to Pilates, this class offers something for everyone.
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.