

FALL 2025 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM		Deep Water (DW) 6:15-7:15AM Kim		Deep Water (DW) 6:15-7:15AM Kim		
7AM		Strength & Stretch (A) 7:00-7:45AM Kayleigh	TONETM (B) 7:30-8:15AM Kelly	Strength & Stretch (A) 7:00-7:45AM Kayleigh		
8AM			CORETM (B) 8:30-9:05AM Kelly			
9AM			Yoga & Meditation (F) 9:00-10:00AM Myrna		Strength & Stretch (A) 9:00-9:45AM Gwen	
12PM	BODYPUMPTM (B) 12:15-1:15PM Melanie	Deep Water (DW) 12:15-1:00PM Kim	BODYPUMPTM (B) 12:15-1:15PM Melanie	Deep Water (DW) 12:15-1:00PM Kim		
	QuickFit (C) 12:15-12:45PM Brody	QuickFit (C) 12:15-12:45PM Hannah W.	QuickFit (C) 12:15-12:45PM Brody	QuickFit (C) 12:15-12:45PM Carson	QuickFit (C) 12:15-12:45PM Carson	
	Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:15PM Allison	Aqua Tabata (RP) 12:15-1PM Sandi	Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:15PM Allison	
4PM		Cycle Express (E) 4:15-4:45PM Colby		Cycle Express (E) 4:15-4:45PM Colby	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga (F) 4:00-5:00PM Myrna
	CardioBox (BOX) 4:15-5:00PM Carlee	Drop It! (D) 4:30-5:15PM Kayleigh	Drop It! (D) 4:30-5:15PM Jocelin		Drop It! (D) 4:30-5:15PM Eliana	
	TONETM (B) 4:45-5:30PM Kelly	Strength & Stretch (A) 4:30-5:15PM Eliana		Strength & Stretch (A) 4:30-5:15PM Jocelin		
5PM	Cycle Express (E) 5:15-5:45PM Olivia	Cycle (E) 5:15-6:00PM Colby	Cycle Express (E) 5:15-5:45PM Olivia	Cycle (E) 5:15-6:00PM Colby	Cycle Express (E) 5:15-5:45PM Colby	Cycle (E) 5:30-6:15PM Colby
	Barre (A) 5:30-6:15PM Jocelin	BODYPUMPTM (B) 5:30-6:15PM Betsy	Barre (A) 5:30-6:15PM Jocelin	BODYPUMPTM (B) 5:30-6:15PM Betsy		
	Yoga & Meditation (F) 5:45-6:45PM Ruth	Human Reformer® (A) 5:30-6:30PM Hannah J.	BODYPUMPTM (B) 5:30-6:30PM Justice	Human Reformer® (A) 5:30-6:30PM Hannah J.		
	CORETM (B) 5:45-6:20PM Kelly		Yoga & Meditation (F) 5:45-6:45PM Ruth			
6PM	Cycle (E) 6:15-7:00PM Nicholas	Cycle Core (E) 6:15-7:00PM Ava	Cycle (E) 6:15-7:00PM Debra	Cycle Core (E) 6:15-7:00PM Nicholas		Strength & Stretch (A) 6:00-6:45PM Eliana
	QuickFit (C) 6:45-7:15PM Maggie	BODYBALANCE™ (F) 6:30-7:30PM Betsy	QuickFit (C) 6:45-7:15PM Maggie	BODYBALANCE™ (F) 6:30-7:30PM Betsy		
7PM	Step Aerobics (B) 7:00-7:45PM Vivian	Barre (A) 7:00-7:45PM Kayleigh	Step Aerobics (B) 7:00-7:45PM Vivian	Barre (A) 7:00-7:45PM Xi An		
	TRX® Yoga (D) 7:00-8:00PM Ruth		TRX® Yoga (D) 7:00-8:00PM Ruth			
8PM		Cycle (E) 8:00-8:45PM Nicholas		Cycle (E) 8:00-8:45PM Debra		



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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.
BODYBALANCE™	BODYBALANCE™ is the yoga-based work that will calm your mind, strengthen your body, and improve your flexibility. By combining yoga sequences, held postures, Tai Chi and Pilates, BODYBALANCE encapsulates all the research-based benefits of practicing yoga.
BODYPUMP™	BODYPUMP™ is a scientifically-backed barbell workout using light to moderate weights and high reps to increase your strength and fitness.
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™	LES MILLS CORE™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability, and endurance in the muscles that support your core.
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.
Cycle Core	This class will take place on and off the bike combining cycle and mat-based core exercises. Get your heart rate up by cycling on the bike and then get ready to target your abdominal muscles with a series of exercises. This class is the perfect blend of cardio and core training, no experience necessary!
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.
Drop It!	Get ready to sweat, slay, and unleash your inner dancer! Drop It! is a high-energy cardio dance class that blends the hottest hip hop moves with heart-pumping beats to keep you moving, grooving, and glowing. No dance experience? No problem! This class is all about attitude, expression, and having fun.
Human Reformer®	Human Reformer® reimagines traditional reformer Pilates by transforming your body into the ultimate reformer using resistance bands. This innovative mat-based format provides a powerful, full-body workout that replicates the benefits of reformer training—without the need for bulky equipment or the high cost.
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.
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.
Strength & Stretch	Recharge your body and mind with this dynamic fusion of strength training and flexibility work. This class combines functional strength exercises with deep, intentional stretching to help you build muscle, improve mobility, and reduce tension.
TONE™	LES MILLS TONE™ is the complete workout. By combining the world's best music and cutting-edge innovation, TONE seeks not only to improve your strength and fitness but target your coordination, agility, fitness levels, balance and explosive power. TONE builds your overall athleticism.
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.
Yoga & Meditation	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened guided meditation time to improve serenity and focus as well as comfortably lengthening the muscles.