

SPRING 2026 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM		Deep Water (DW) 6:15-7:15AM Kim		Deep Water (DW) 6:15-7:15AM Kim			
	Yoga (F) 6:45-7:45AM Lizzy	Yoga (F) 6:45-7:45AM Lizzy	LES MILLS BODYBALANCE™ (F) 6:45-7:45AM Jocelin		LES MILLS BODYBALANCE™ (F) 6:45-7:45AM Jocelin		
7AM	Cycle (E) 7:00-7:45AM Colby		LES MILLS TONE™ (B) 7:30-8:15AM Kelly	Pilates (A) 7:00-7:45AM Eliana	Cycle (E) 7:00-7:45AM Colby		
8AM			LES MILLS CORE™ (B) 8:30-9:05AM Kelly				
			Yoga & Meditation (F) 8:30-9:30AM Myrna				
9AM	Triple Threat (B) 9:00-10:00AM Carson				Strength & Stretch (A) 9:00-9:45AM Gwen		
10AM						Yoga (F) 10:00-11:00AM Myrna	
11AM					Yoga & Meditation (F) 11:00AM-12:00PM Celine	Cycle (E) 11:00-11:45AM Colby	
12PM		Deep Water (DW) 12:15-1:00PM Kim	AquaTabata (RP) 12:15-1:00PM Sandi	Deep Water (DW) 12:15-1:00PM Kim			
	LES MILLS BODYPUMP™ (B) 12:15-1:15PM Melanie	Yoga (F) 12:15-1:00PM Allison	LES MILLS BODYPUMP™ (B) 12:15-1:15PM Melanie	Yoga (F) 12:15-1:00PM Myrna	Drop It! (B) 12:15-1:00PM Eliana		
	QuickFit (C) 12:30-1:00PM Carson	QuickFit (C) 12:30-1:00PM Hannah W.	QuickFit (C) 12:30-1:00PM Carson	QuickFit (C) 12:30-1:00PM Hannah W.	QuickFit (C) 12:30-1:00PM Carson		
	Barre Express (A) 12:30-1:00PM Kayleigh		Cycle Express (E) 12:30-1:00PM Debra				
1PM		Pilates Express (B) 1:15-1:45PM Kayleigh		Barre Express (B) 1:15-1:45PM Kayleigh			
2PM							Relax & Recover (F) 2:00-3:00PM Lizzy
4PM	CardioBox (BOX) 4:15-5:00PM Carlee	Yoga & Meditation (F) 4:15-5:15PM Ruth	CardioBox (BOX) 4:15-5:00PM Carlee	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga & Meditation (F) 4:15-5:15PM Ruth		
	Cycle Core (E) 4:15-5:00PM Ava	Strength & Stretch (B) 4:30-5:15PM Jocelin	Pilates (B) 4:15-5:15PM Xi An	Strength & Stretch (B) 4:30-5:15PM Gwen	LES MILLS BODYPUMP™ (B) 4:30-5:15PM Justice		Yoga (F) 4:00-5:00PM Myrna
	LES MILLS TONE™ (B) 4:45-5:30PM Kelly	Cycle Express (E) 4:30-5:00PM Olivia	Cycle Express (E) 4:30-5:00PM Olivia				
5PM	LES MILLS BODYBALANCE™ (F) 5:15-6:00PM Jocelin	Cycle (E) 5:15-6:00PM Colby	Yoga (F) 5:15-6:15PM Ruth	Cycle (E) 5:15-6:00PM Colby	Cycle (E) 5:15-6:00PM Nicholas		Cycle (E) 5:30-6:15PM Colby
				QuickFit (C) 5:15-5:45PM Hannah W.			
	LES MILLS CORE™ (B) 5:45-6:20PM Kelly	Pilates (A) 5:30-6:30PM Xi An	LES MILLS BODYPUMP™ (B) 5:30-6:15PM Justice	Pilates (A) 5:30-6:30PM Xi An			
		LES MILLS BODYPUMP™ (B) 5:30-6:15PM Betsy		LES MILLS BODYPUMP™ (B) 5:30-6:15PM Betsy			
6PM	Cycle (E) 6:15-7:00PM Nicholas	Drop It! (D) 6:15-7:00PM Kayleigh	Cycle (E) 6:15-7:00PM Nicholas	Drop It! (D) 6:15-7:00PM Eliana			Strength & Stretch (A) Hannah W. 6:00-6:45PM
	Pilates (A) 6:15-7:00PM Xi An	LES MILLS BODYBALANCE™ (F) 6:30-7:30PM Betsy		LES MILLS BODYBALANCE™ (F) 6:30-7:30PM Betsy			
		Cycle (E) 6:30-7:15PM Debra	Drop It! (B) 6:30-7:15PM Justice	Cycle (E) 6:30-7:15PM Debra			
	TRX® Yoga (D) 6:45-7:45PM Ruth	Barre (A) 6:45-7:30PM Xi An	TRX® Yoga (D) 6:45-7:45PM Ruth	Barre (A) 6:45-7:30PM Xi An			
7PM	Step Aerobics (A) 7:15-8:00PM Vivian		Pilates (A) 7:15-8:00PM Vivian				QuickFit (C) 7:00-7:30PM Jocelin



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AquaTabata	Want cardio without the impact? AquaTabata 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/Barre Express	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!
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!
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!
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.
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.
LES MILLS BODYBALANCE™	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.
LES MILLS BODYPUMP™	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
LES MILLS 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.
LES MILLS 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.
Pilates/Pilates Express	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.
Relax & Recover	Take a break from the hustle and give your mind and body the care they deserve. Relax & Recover is a calming experience that blends guided meditation, restorative rest, and gentle yoga-inspired stretching. This class is designed to reduce stress, improve flexibility, and promote overall well-being in a peaceful, supportive environment. No prior yoga experience is needed—just bring yourself, breathe deeply, and leave feeling refreshed and renewed.
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	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!
Triple Threat	Triple threat is a sample-style workout designed to give participants short bursts of activity. Enjoy 15 minutes of cardio, 15 minutes of strength, and 20 minutes of yoga all in one class. Through the utilization of interval-style training, you will experience a quick HIIT of cardio exercises for all levels of fitness, a brief strength segment targeting upper, lower, and core muscles, and top it off with Yoga-inspired stretches to fully recover.
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 meditation time to improve serenity and focus as well as comfortably stretching the muscles.

