

Group Exercise Schedule

STUDIO 1 / BB Court							STUDIO 2						
TIME	MON	TUES	WED	THURS	FRI	SAT	TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am		Barre-Connect 30 - Erin		*Pop Ups Zumba+Stretch			5:30am	Tour-45 Saulo/Kaitlin		TOUR-45 Lolita		TOUR-45 Eirin	
8:00am	POWER Crystal		POWER Lori			8:00am POWER rotation	6:00am						9:00am TOUR-45 rotation
8:30am				Group CORE Katie P.	POWER Lori		6:30am						
9:00am		Cardio Sculpt **Kristi				9:15am **ZUMBA rotation	8:30am	Tour-45 Brooke		TOUR-45 Bob		TOUR-60 Bob	
9:00am		BARRE Rachel					11:00am				Silver Cycle Barbara		
9:15am	**ZUMBA Jennifer		ZUMBA Julie	Centergy Katie P	BarreConnect **Erin	10:30am CENTERGY rotation	12:00pm		Silver Cycle Lolita		*Every 1st & 3rd Thurs.		SUN
9:15am	HIIT-Strong Kristi		ACTIVE **Joddy	Cardio Sculpt **Kristi	FIGHT 9:45am every other Friday - check APP for dates		6:00pm		TOUR-45 Eirin		Speed Cycle Eirin		
10:30am	ACTIVE Barb	● YOGA **Barbara	Centergy rotation	YOGA FLOW Lauren Shannon	*Check APP for Pop-Ups		Reservations given to alternates 5 minutes prior to class start time.						
12:00pm	Mobility Yoga/ Gentle Sculpt		PILATES Brenda	CHAIR/GENTLE YOGA - Andrea	PRIME TIME Sheryl	SUN	AQUA CLASSES						
4:30pm		ACTIVE Joddy/Sheryl				8:30am BARRE CONNECT Erin	TIME	MON	TUES	WED	THURS	FRI	SAT
5:00pm	CENTERGY Chelsea		BLAST-45 Shannon				10:00am	AQUA - SC Star	AQUA - SC Sharon	AQUA - SC Renee/Sara	AQUA-SC Sharon	AQUA-SC Sheryl	
5:45pm		● YOGA Britney		POWER Sarah		10:00 am YOGA rotation							
6:00pm	*Pop-Ups POWER-30		ZUMBA **Javi/Carmen										

We are excited to welcome you all back with our ever-expanding host of classes. We will continue to strive to meet and exceed your expectations and help grow your fitness goals. Please keep us posted on how we are doing.



★ - New Class or New Time

● - Smart Start These classes help ease new participants into their fitness regime. Keep in mind all classes are designed to accommodate

** - Located on Basketball Court

In the event of rain, lightning & heavy winds, Aqua classes will be cancelled. Please

Online Reservations GET THE APP !



Reservations required for ALL CLASSES

You can use the App or call Front Desk
-Sign up 1 day in advance
-Check in at Front Desk

Need to Cancel Reservation?
Please do so at least 1 hour prior to make room for waitlist

CLUB HOURS
M-Thr 5am -9pm
Fri. 5am -8pm
Sat: 7am -7pm
Sun: 7am -6pm

KIDS CLUB
Mon.-Fri. 8am-1pm
Tues. 4-7:00
Sat - 8am-11pm
Reservations required
Contact - 805-226-4343