



GROUP FITNESS CLASSES



Mind & Body



Water



Dance



Cycle



High Intensity



Strength

MONDAY



Tabata
8:30am
Karla - ROOM A



Yoga
8:30am
Jacki - ROOM B



Zumba
9:30am
Vivian - ROOM A



Zumba
6:00pm
Rosy - ROOM A

TUESDAY



CardioBlast
8:30am
Londa - ROOM B



Zumba
9:30am
Rosy - ROOM A



Yoga
9:30am
Teresa - ROOM B



SHiNE
6:00pm
Krista - ROOM A



Yoga
6:00pm
Jacki - ROOM B

WEDNESDAY



Strength
8:30am
Londa - ROOM A



Yoga
8:30am
Teresa - ROOM B



Zumba
9:30am
Vivian - ROOM A



Tabata + Zumba
6:00pm
Karla - ROOM A



Yoga
5:45pm
Teresa - ROOM B

THURSDAY



HIIT
8:30am
Londa - ROOM A



Zumba
9:30am
Rosy - ROOM A



Yoga Yin
9:30am
Teresa - ROOM B



Cycle
5:45pm
Suzanne - ROOM B

FRIDAY



BodyBlast
8:30am
Roberta - ROOM A



Yoga
9:30am
Leanne - ROOM B



Water Fitness
10:40am
Londa - POOL

SATURDAY



POUND
8:30am
Debi - OUTSIDE NW CORNER



Yoga
9:00am
Jacki - ROOM B

SUNDAY



Yoga
4:00pm
Marsha - ROOM A



Permitted in Lap Lane 5 mins prior to class
No equipment. After class, exit through locker room

MEMBERS ONLY at this time (No drop-ins allowed)

Pre-registration Required

No waiting outside of vestibule before/after classes; Rooms open 10 minutes prior to class start time

Please bring your own yoga mat/yoga props

Dumbbells Only in applicable classes; Leave in place for sanitation at end of class