

SUMMER GROUP FITNESS SCHEDULE

July 5 - Oct. 2, 2022

MONDAY

5:30 a.m. - 6:00 a.m.	Sprint	Aerobic Room
9:00 a.m.- 9:55 a.m.	BodyCombat	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Aerobic Room
12:00 p.m. - 12:45 p.m.	Dance Gold	Assembly Room
5:30 p.m. - 6:30 p.m.	Tighten & Tone	Assembly Room
5:30 p.m. - 6:15 p.m.	Zumba	Gymnasium
5:45 p.m. - 6:30 p.m.	Group Cycle	Aerobic Room
7:00 p.m. - 7:30 p.m.	Sprint	Aerobic Room

TUESDAY

5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
9:00 a.m. - 10:00 a.m.	Xtrain HIIT	Gymnasium
10:00 a.m. - 11:00 a.m.	BodyPump	Assembly Room
11:15 a.m. - 12:00 p.m.	Gentle Yoga	Assembly Room
5:30 p.m. - 6:30 p.m.	YogaRide	Aerobic Room
5:30 p.m. - 6:25 p.m.	BodyCombat	Assembly Room
6:30 p.m. - 7:30 p.m.	Pilates	Spin Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room

WEDNESDAY

5:30 a.m. - 6:30 a.m.	Group Cycle	Aerobic Room
9:00 a.m. - 10:00 a.m.	Xtrain HIIT	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Aerobic Room
5:30 p.m. - 6:15 p.m.	Zumba	Assembly Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Aerobic Room

THURSDAY

5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
9:00 a.m. - 9:45 a.m.	Pound	Gymnasium
10:00 a.m. - 11:00 a.m.	BodyPump	Assembly Room
11:15 a.m. - 12:00 p.m.	Gentle Yoga	Assembly Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room

FRIDAY

5:30 a.m. - 6:00 a.m.	Sprint	Aerobic Room
9:00 a.m.- 9:55 a.m.	BodyCombat	Assembly Room

SATURDAY

7:45 a.m. - 8:30 a.m.	Pound	Assembly Room
8:15 a.m. - 9:15 a.m.	Cycle Sculpt	Aerobic Room
8:35 a.m. - 9:05 a.m.	Xtrain HIIT	Assembly Room
9:15 a.m. - 10:15 a.m.	BodyPump	Assembly Room
9:30 a.m. - 10:15 a.m.	Zumba	Aerobic Room
10:30 a.m. - 11:30 a.m.	Pilates	Assembly Room

SUNDAY

12:00 p.m. - 1:00 p.m.	BodyCombat	Assembly Room
1:00 p.m. - 2:00 p.m.	BodyPump	Assembly Room

BOOT CAMP GROUP PERSONAL TRAINING

PUNCH CARD PRICING:

\$82 Non-Member \$68 Member

\$54 Platinum Member

TRAINING TIMES:

Mon, Wed, Fri. 5:30 a.m. - 6:15 a.m.

Wed. 6:30 p.m. - 7:30 p.m.



UNLIMITED AEROBICS (INCLUDES ALL FITNESS CLASSES OTHER THAN CYCLE & YOGA) : \$169 NON-MEMBER \$129 MEMBER

AEROBIC PUNCH CARDS: 13 PUNCHES FOR \$79 NON-MEMBER \$59 MEMBER