

WINTER GROUP FITNESS SCHEDULE

Jan. 1, 2024 - March 31, 2024

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	Spin Room
12:15 p.m. - 1:00 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	Aerobic Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Spin Room

TUESDAY

5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
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	Spin Room
6:30 p.m. - 7:30 p.m.	Pilates	Aerobic Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room

WEDNESDAY

5:30 a.m. - 6:30 a.m.	Group Cycle	Spin Room
9:00 a.m. - 10:00 a.m.	Xtrain HIIT	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Spin Room
5:30 p.m. - 6:15 p.m.	Zumba	Assembly Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Spin Room
6:30 p.m. - 7:15 p.m.	Hatha Yoga	Assembly 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
5:15 p.m. - 6:00 p.m.	Barre Above	Aerobic Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room

FRIDAY

5:30 a.m. - 6:00 a.m.	Sprint	Spin 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	Spin 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. - 12:55 p.m.	BodyCombat	Assembly Room
1:00 p.m. - 2:00 p.m.	BodyPump	Assembly Room

BOOT CAMP GROUP PERSONAL TRAINING

Punch Cards Now Available!

12 Punches

Non-member: \$82 Member: \$68

Platinum: \$54

TRAINING TIMES:

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



UNLIMITED AEROBICS (INCLUDES ALL FITNESS CLASSES OTHER THAN CYCLE & YOGA) : \$174 NON-MEMBER \$134 MEMBER
AEROBIC PUNCH CARDS: 13 PUNCHES FOR \$84 NON-MEMBER \$64 MEMBER