

**CLUB HOURS**  
**M & W : 5:30A-8P**  
**T & TH : 8A-8P**  
**FRI: 5:30A-6P**  
**SAT: 8A-2P**  
**SUN: 9A-1P**



**KIDS ZONE**  
**MON - THURS:**  
**8:15A-12P / 5:30P-7:30P**  
**FRI: 8:15A-12P**  
**SAT: 9A-11A**  
**SUN: CLOSED**



**FALL 2023 GROUP FITNESS SCHEDULE** Subject to Change

**STUDIO - MATS ARE REQUIRED FOR ALL STRENGTH AND CORE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Dance Fitness Diane	Cardio Strength Diane	Tabata + Halie	Full Body Pilates Amy	Step (30) Diane		
9:00am					Body Sculpt Diane	Sets & Reps Michelle	
9:30am	Pump Kristine	Cardio Kickboxing Halie	Strength Training Amy	Dance Fitness Diane			
10:00am					Flexibility & Stretch Kathy	Zumba Liz	10:15am Deep Stretch / Sibilla OR Yoga/Tajuana
5:30pm	Chick Box (30) Michelle		Tabata (30) Michelle				
5:45pm		Zumba Denise		Zumba Denise			
6:00pm	Pump Michelle		Total Body Strength Michelle				
6:45pm				Body Sculpt (30) Denise			

**FUNDAMENTAL FITNESS CLASSES FOR ACTIVE AGERS, BEGINNERS AND THE DECONDITIONED**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00am	Classic Cardio Mary Pat	Strength & Grace Mary Pat	Retro Cardio Kathy		Zumba Gold Denise		
12:00pm		S.E.A.T Ann					

**AQUA FITNESS - SWIMSUIT AND WATER SHOES ARE REQUIRED FOR CLASS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am	Aqua Blast Ann	Aqua Blast Shauna	Skills & Drills Ann	AquaBata Shauna	Aqua HIIT Collene	Trifecta Linda	Aqua Fitness Rotation
10:00am	Volleyball	Volleyball		Volleyball	Volleyball	Volleyball	
11:00am			Water Walking Ann				
4:30pm			Volleyball				
6:15pm	Aqua Conditioning Collene	Trifecta Linda	Water In Motion Ilia	Aqua Party Lisa			

*View Schedule Online!* →

