

GROUP FITNESS SCHEDULE

Effective: December 8, 2024 - December 14, 2024

Updated 12/05/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:15am-10:00am
Aerobics & Bollywood Dance
(Fitness Studio)

10:30am-11:30am
Hatha Yoga
(Fitness Studio)

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:15am
CardioFit
(Fitness Studio)

10:30am-11:00am
SitFit
(Fitness Studio)

11:15am-12:00pm
Aqua ROM
(Pool)

5:15pm-5:45pm
Tabata30
(Fitness Studio)

6:00pm-6:45pm
Core Conditioning
(Fitness Studio)

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:15am
Muscle Fit
(Fitness Studio)

10:30am-11:30am
Zumba
(Fitness Studio)

11:15am-12:00pm
Aqua ROM
(Pool)

12:10pm-12:50pm
Cycle Fit
(Fitness Studio)

6:00pm-6:45pm
Rhythmic Beat Based Spin
(Fitness Studio)

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:15am
Step Aerobics
(Fitness Studio)

10:30am-11:00am
SitFit
(Fitness Studio)

11:15am-12:00pm
Aqua ROM
(Pool)

12:10pm-12:45pm
Lunch HIIT
(Fitness Studio)

1:00pm-1:45pm
Zumba Gold
(Fitness Studio)

5:15pm-6:00pm
Full Body Blitz
(Fitness Studio)

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:15am
Starter Muscle Fit
(Fitness Studio)

10:30am-11:15am
Stretch and Strength
(Fitness Studio)

11:15am-12:00pm
Aqua ROM
(Pool)

12:10pm-12:45pm
Lunchtime Yoga
(Fitness Studio)

6:00pm-6:45pm
Rhythmic Beat Based Spin
(Fitness Studio)

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:00am
Zumba
(Fitness Studio)

10:15am-11:45am
Line Dancing
(Studio)

10:30am-11:00am
SitFit
(Rec Room)

11:15am-12:00pm
Aqua ROM
(Pool)

8:30am-9:15am
Cycle Fit
(Fitness Studio)

10:30am-11:15am
Youth Strength Build
(Fitness Studio)
(Youth Registered program)

1130am-12:15pm
Youth Strong ME!
(Fitness Studio)
(Youth Registered program)