

STUDIO - MATS ARE REQUIRED FOR ALL STRENGTH AND CORE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Strength Circuit Gretchen		4 x 4 Jessica			
8:30 AM	Step Gretchen	Yoga Tajuana	The Power of One Jessica	Dance Fitness Jenn	Pilates/Barre Gretchen		
9:00 AM						Head to Toe Strength Michelle	
9:30 AM	Pump Kristine	Dance Fitness Jenn	Yoga Ceci/Jessica	4 x 4 Gretchen	Body Sculpt Jessica		
10:00AM						ZUMBA Liz	Yoga/Stretch Ceci/Rosa 10:15 AM
5:30 PM	Barbell Babes Michelle	ZUMBA Denise	Head to Toe Strength Michelle	ZUMBA Denise			
6:30 PM		4 x 4 Gretchen					

FUNDAMENTAL FITNESS CLASSES FOR ACTIVE AGERS, BEGINNERS AND THE DE-CONDITIONED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM					Deep Stretch Rosa		
11:00 AM	Classic Cardio Mary Pat	Strength & Grace Mary Pat		Get Fit Ann			
12:00 PM		SEAT Ann		SEAT Bev			

AQUA FITNESS - SWIMSUIT AND WATER SHOES ARE REQUIRED FOR CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	H2O Blast Rosa	Aqua Interval Linda	Cardio Linda	Water in Motion Amy R.	Core & More Rosa	Mashup Linda	Aqua Fitness Ann
10:00 AM	Water Volleyball	Water Volleyball		Water Volleyball	Water Volleyball		
11:00 AM			Water Walking Bev				
6:15 PM	Water in Motion Tamera	Trifecta Amy R.	Water in Motion Tamera				

Club Hours

M - TH : 5:30 AM - 8:00 PM
 FRI: 5:30 AM - 6:00 PM
 SAT: 8:00 AM - 2:00 PM
 SUN: 9:00 AM - 1:00 PM

Kid Zone

MON - THURS: 8:15 AM - 12:00 PM
 5:30 PM - 7:30 PM
 FRI: 8:15 AM - 12:00 PM
 SAT: 9:00 AM - 11:00 AM
 SUN: CLOSED

Scan Here

