

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	Head to Toe Strength Amy	Cardio Fitness Carrie	Pilates/Barre Gretchen		
9:00 AM						Head to Toe Strength Michelle	
9:30 AM	Pump Kristine	Dance Fitness Amy R & Jen	Yoga Ceci/Jessica	4 x 4 Gretchen	Power of One Jessica		Cardio Fitness Carrie
10:00AM						ZUMBA Liz	
10:30AM							Yoga/Stretch Ceci/Rosa
5:30 PM	Barbell Babes Michelle	ZUMBA Denise	Mat Pilates 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	Up to Down Collene	Get Fit Ann			
12:00 PM		SEAT Bev		SEAT Ann			

AQUA FITNESS – SWIMSUIT AND WATER SHOES ARE REQUIRED FOR CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	Splash & Sculpt Rosa	Power Splash Linda	Cardio Linda	Water in Motion Amy R.	Splash & Sculpt Rosa	Power Splash Linda	G.R.I.T. Ann
10:00 AM	Water Volleyball	Water Volleyball		Water Volleyball	Water Volleyball		
11:00 AM			Aqua Strides Bev				
6:15 PM	Aqua Glow Tamera	Water in Motion Amy R.	Splash Sisters Tamera	Water Warriors Carrie			

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: 8:00 AM – 12:00 PM
5:30 PM – 7:30 PM
FRI: 8:00 AM – 12:00 PM
SAT: 9:00 AM – 11:00 AM
SUN: CLOSED

Scan Here



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