



# GROUP FITNESS SCHEDULE

Effective 8/1/17

## Small Gym

All classes are free and open to members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's Get it Started! 5:30AM-6:30AM		Let's Get it Started! 5:30AM-6:30AM		Let's Get it Started! 5:30AM-6:30AM	PiYo® 9:00AM-10:00AM
Circuit Training 8:45AM-9:30AM		Circuit Training 8:45AM-9:30AM		Circuit Training 8:45AM-9:30AM	
HIIT 5:30PM-6:00PM		HIIT 5:30PM-6:00PM			
Sculpt 6:00PM-7:00PM	PiYo® 6:00PM-7:00PM	Sculpt 6:00PM-7:00PM	PiYo® 6:00PM-7:00PM		
Zumba® 7:00PM-8:00PM	Zumba® 7:00PM-8:00PM	Zumba® 7:00PM-8:00PM	Zumba Toning® 7:00PM-8:00PM		

## Fitness Room (Lower Level)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Asana Yoga 8:00AM-8:45AM **	Power Yoga 8:00AM-8:45AM	Asana Yoga 8:00AM-8:45AM	Power Yoga 8:00AM-8:45AM	Asana Yoga 8:00AM-8:45AM	
**There will be no Asana Yoga on the 2nd Monday of each month					
SilverSneakers® Classic 9:00AM-9:45AM	SilverSneakers® Circuit 9:00AM-10:00AM	SilverSneakers® Classic 9:00AM-9:45AM	SilverSneakers® Circuit 9:00AM-10:00AM	SilverSneakers® Classic 9:00AM-9:45AM	
SilverSneakers® Classic 10:00AM-10:45AM	Yoga Platinum 10:30AM-11:30AM	SilverSneakers® Classic 10:00AM-10:45AM	Yoga Platinum 10:30AM-11:30AM	SilverSneakers® Classic 10:00AM-10:45AM	
SilverSneakers® Classic 11:00AM-11:45AM		SilverSneakers® Classic 11:00AM-11:45AM		SilverSneakers® Classic 11:00AM-11:45AM	
	*Hatha Yoga 6:00PM-7:00PM	*Hatha Yoga 6:00PM-7:00PM	*Hatha Yoga 6:00PM-7:00PM		

## Aquatics (Pool)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Mind & Body 9:00AM-9:30AM	Water Fitness 9:00AM-10:00AM	Water Mind & Body 9:00AM-9:30AM	Water Fitness 9:00AM-10:00AM	Water Mind & Body 9:00AM-9:30AM	Deep Water 9:00AM-10:00AM
Water in Motion® 9:30AM-10:30AM		Water in Motion® 9:30AM-10:30AM		Water in Motion® 9:30AM-10:30AM	
BurstFit Water 5:00PM-6:00PM		BurstFit Water 5:00PM-6:00PM			

## Cycling Room (Lower Level)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Cycling 5:30AM-6:15AM		*Cycling 5:30AM-6:15AM		
	*Cycling 5:45PM-6:30PM		*Cycling 5:45PM-6:30PM		

\*Age 16 and older only