



GROUP FITNESS SCHEDULE

Effective January 25, 2021

Small Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Mashup 5:30-6:30 AM		Cardio Mashup 5:30-6:30 AM		Cardio Mashup 5:30-6:30 AM	
LES MILLS BODYPUMP 8:45-9:45 AM		LES MILLS BODYPUMP 8:45-9:45 AM		Bootcamp 8:45-10:00 AM	
LES MILLS BODYPUMP 5:00-5:45 PM		LES MILLS BODYPUMP 5:00-5:45 PM			
POUND ROCKOUT. WORKOUT. 6:00-6:45 PM		POUND ROCKOUT. WORKOUT. 6:00-6:45 PM			

Fitness Room I

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8:00-8:45 AM	 10:00 AM	 8:00-8:45 AM	 10:00 AM	 8:00-8:45 AM	
 9:00-9:45 AM		 9:00-9:45 AM		 9:00-9:45 AM	
 10:00-10:45 AM		 10:00-10:45 AM		 10:00-10:45 AM	
 11:00-11:45 AM	Fit & Firm 4:30-5:15 PM	 11:00-11:45 AM	Fit & Firm 4:30-5:15 PM	 11:00-11:45 AM	
 6:00-7:00 PM	Hatha Yoga 5:45-6:30 PM		Hatha Yoga 5:45-6:30 PM		

Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Stretch & Balance 9:00-9:30 AM	Aqua Power Hour 9:00A-10:00 AM	Water Stretch & Balance 9:00-9:30 AM	Aqua Power Hour 9:00A-10:00 AM	Water Stretch & Balance 9:00-9:30 AM	H2O Deep 9:00-10:00 AM
 9:30-10:30 AM		 9:30-10:30 AM		 9:30-10:30 AM	
BurstFit 5:00-6:00 PM		BurstFit 5:00-6:00 PM			