

# Fall 2024

# GROUP FITNESS SCHEDULE

AUGUST 19- DECEMBER 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Herd HIIT</b> 6:15am-7:00am ThunderZone	<b>Herd HIIT</b> 6:15am-7:00am ThunderZone	<b>Herd HIIT</b> 6:15am-7:00am ThunderZone	<b>Herd HIIT</b> 6:15am-7:00am ThunderZone	<b>BODYCOMBAT</b> 6:15am-7:00am Studio A	
<b>Cycle 45</b> 6:15am-7:00am Studio B	<b>BODYPUMP</b> 6:15am-7:00am Studio A	<b>Cycle 45</b> 6:15am-7:00am Studio B	<b>BODYPUMP</b> 6:15am-7:00am Studio A	<b>Cycle 45</b> 6:15am-7:00am Studio B	
	<b>Hot Yoga</b> 7:00am-7:45am Yoga Studio		<b>Hot Yoga</b> 7:00am-7:45am Yoga Studio		
<b>Silver Splash</b> 9:00am-9:45am Pool	<b>Silver Circuit</b> 9:00am-9:45am Studio A	<b>Aqua Zumba</b> 9:00am-9:45am Pool	<b>Silver Circuit</b> 9:00am-9:45am Studio A		<b>Herd HIIT</b> 9:15am-10:15am ThunderZone
<b>Silver Classic</b> 10:15am-11:00am Studio A		<b>Silver Classic</b> 10:15am-11:00am Studio A		<b>Stretch &amp; Stability</b> 10:15am-11:00am Studio A	<b>Les Mills Rotating</b> 10:30am-11:30am Studio A
<b>Lunch Crunch</b> 12:15 pm - 1:00 pm ThunderZone	<b>Lunch Crunch</b> 12:15 pm - 1:00 pm ThunderZone	<b>Lunch Crunch</b> 12:15 pm - 1:00 pm ThunderZone	<b>Lunch Crunch</b> 12:15 pm - 1:00 pm ThunderZone	<b>Lunch Yoga</b> 12:15 pm - 1:00 pm Yoga Studio	
		<b>Les Mills Shapes</b> 4:00pm-4:45pm Studio A			
<b>Herd HIIT</b> 5:30pm-6:15pm ThunderZone	<b>Power Pilates</b> 5:30pm-6:15pm Studio A	<b>Herd HIIT</b> 5:30pm-6:15pm ThunderZone	<b>Power Pilates</b> 5:30pm-6:15pm Studio A	<p><b>CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE</b></p> <p><b>*No classes 8/31, 9/2, 9/28, 10/5, 10/17 (after 1:00pm) and 11/25-30</b></p> <p><b>SCAN HERE TO REGISTER</b></p> <p><b>*CLASSES OPEN 48 HOURS IN ADVANCE.</b></p>	
<b>Hot Yoga</b> 5:30pm-6:15pm Yoga Studio	<b>Cycle 45</b> 5:30pm-6:15pm Studio B	<b>Hot Yoga</b> 5:30pm-6:15pm Yoga Studio	<b>Cycle 45</b> 5:30pm-6:15pm Studio B		
<b>BODYPUMP</b> 5:30pm-6:30pm Studio A	<b>BODYCOMBAT</b> 5:30pm-6:30pm Studio C	<b>BODYPUMP</b> 5:30pm-6:30pm Studio A	<b>BODYCOMBAT</b> 5:30pm-6:30pm Studio C		
<b>Yin Yoga</b> 6:30pm-7:30pm Yoga Studio	<b>Yoga Flow</b> 6:30pm-7:15pm Yoga Studio	<b>Yin Yoga</b> 6:30pm-7:30pm Yoga Studio	<b>Yoga Flow</b> 6:30pm-7:15pm Yoga Studio		
<b>Dance Fitness</b> 6:30pm-7:15pm Studio C	<b>Dance Choreography</b> 6:30pm-7:15pm Studio A	<b>Dance Fitness</b> 6:30pm-7:15pm Studio C			



THE REC

