

Summer 2025 GROUP FITNESS SCHEDULE

MAY 20TH - AUGUST 9TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Herd HIIT 6:15am-7:00am ThunderZone	Herd HIIT 6:15am-7:00am ThunderZone	Herd HIIT 6:15am-7:00am ThunderZone	Herd HIIT 6:15am-7:00am ThunderZone		
Cycle 45 6:15am-7:00am Studio B	BODYPUMP 6:15am-7:00am Studio A	Cycle 45 6:15am-7:00am Studio B	BODYPUMP 6:15am-7:00am Studio A	Cycle 45 6:15am-7:00am Studio B	
CORE 7:15am-7:45am Studio A	Hot Yoga 7:15am-8:00am Yoga Studio	CORE 7:15am-7:45am Studio A	Hot Yoga 7:15am-8:00am Yoga Studio	Les Mills SHAPES 7:15am-8:00am Studio A	
Silver Splash 9:00am-9:45am Pool		Aqua Zumba 9:00am-9:45am Pool			Herd HIIT 9:15am-10:15am ThunderZone
Silver Classic 10:15am-11:00am Studio A	Silver Circuit 10:00am-10:45am Studio A	Silver Classic 10:15am-11:00am Studio A	Silver Circuit 10:00am-10:45am Studio A	Stretch & Stability 10:15am-11:00am Studio A	Yoga Flow 10:00am-11:00am Yoga Studio
Herd Circuit 12:15 pm-1:00 pm ThunderZone	Herd Circuit 12:15 pm - 1:00 pm ThunderZone	Herd Circuit 12:15 pm-1:00 pm ThunderZone	Herd Circuit 12:15 pm-1:00 pm ThunderZone	Yoga Flow 12:15pm-1:00pm Yoga Studio	Les Mills Rotating 10:30am-11:30am Studio A
Les Mills SHAPES 4:00pm-4:45pm Studio A		Les Mills SHAPES 4:00pm-4:45pm Studio A			 SMOOTHIE King RULE THE DAY.
Herd HIIT 5:30pm-6:15pm ThunderZone	Power Pilates 5:30pm-6:15pm Studio A	Herd HIIT 5:30pm-6:15pm ThunderZone	Power Pilates 5:30pm-6:15pm Studio A		
Hot Yoga 5:30pm-6:15pm Yoga Studio	Cycle 45 5:30pm-6:15pm Studio B	Hot Yoga 5:30pm-6:15pm Yoga Studio	Cycle 45 5:30pm-6:15pm Studio B	CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE <i>*No classes 5/26, 6/19, 7/4</i> SCAN HERE TO REGISTER <i>*CLASSES OPEN 48 HOURS IN ADVANCE.</i> 	
BODYPUMP 5:30pm-6:30pm Studio A	BODYCOMBAT 5:30pm-6:30pm Studio C	BODYPUMP 5:30pm-6:30pm Studio A	BODYCOMBAT 5:30pm-6:30pm Studio C		
Yin Yoga 6:30pm-7:30pm Yoga Studio	Yoga Flow 6:30pm-7:15pm Yoga Studio	Yin Yoga 6:30pm-7:30pm Yoga Studio	Yoga Flow 6:30pm-7:15pm Yoga Studio		



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