

Fall 2025

GROUP FITNESS SCHEDULE

AUGUST 18TH - DECEMBER 13TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>		
	Cycle 6:15am-7:00am <i>Studio B</i>	BODYPUMP 6:15am-7:00am <i>Studio A</i>	Cycle 6:15am-7:00am <i>Studio B</i>	BODYPUMP 6:15am-7:00am <i>Studio A</i>	Cycle 6:15am-7:00am <i>Studio B</i>	Herd HIIT 9:15am-10:15am <i>ThunderZone</i>
	Silver Splash 9:00am-9:45am <i>Pool</i>		Aqua Zumba 9:00am-9:45am <i>Pool</i>		Les Mills SHAPES 7:15am-8:00am <i>Studio A</i>	Yoga Flow 10:00am-11:00am <i>Yoga Studio</i>
	Silver Classic 10:15am-11:00am <i>Studio A</i>	Silver Circuit 10:00am-10:45am <i>Studio A</i>	Silver Classic 10:15am-11:00am <i>Studio A</i>	Silver Circuit 10:00am-10:45am <i>Studio A</i>	Stretch & Stability 10:15am-11:00am <i>Studio A</i>	Les Mills Rotating 10:30am-11:30am <i>Studio A</i>
	Herd Circuit 12:15 pm-1:00 pm <i>ThunderZone</i>	Herd Circuit 12:15 pm - 1:00 pm <i>ThunderZone</i>	Herd Circuit 12:15 pm-1:00 pm <i>ThunderZone</i>	Herd Circuit 12:15 pm - 1:00 pm <i>ThunderZone</i>	Yoga Flow 12:15pm-1:00pm <i>Yoga Studio</i>	Power Pilates 12:00pm-12:45pm <i>Studio A</i>
EVENING	Les Mills SHAPES 4:00pm-4:45pm <i>Studio A</i>	Les Mills CORE 4:00 pm-4:30pm <i>Studio A</i>	Les Mills SHAPES 4:00pm-4:45pm <i>Studio A</i>	Les Mills CORE 4:00 pm-4:30pm <i>Studio A</i>		
	Herd HIIT 5:30pm-6:15pm <i>ThunderZone</i>	Power Pilates 5:30pm-6:15pm <i>Studio A</i>	Herd HIIT 5:30pm-6:15pm <i>ThunderZone</i>	Power Pilates 5:30pm-6:15pm <i>Studio A</i>	Power Pilates 5:30pm-6:15pm <i>Studio A</i>	
	Hot Yoga 5:30pm-6:15pm <i>Yoga Studio</i>	Cycle 5:30pm-6:15pm <i>Studio B</i>	Hot Yoga 5:30pm-6:15pm <i>Yoga Studio</i>	Cycle 5:30pm-6:15pm <i>Studio B</i>		 SMOOTHIE KING. RULE THE DAY.
	BODYPUMP 5:30pm-6:30pm <i>Studio A</i>	BODYCOMBAT 5:30pm-6:30pm <i>Studio C</i>	BODYPUMP 5:30pm-6:30pm <i>Studio A</i>	BODYCOMBAT 5:30pm-6:30pm <i>Studio C</i>		
	Yin Yoga 6:30pm-7:30pm <i>Yoga Studio</i>	Yoga Flow 6:30pm-7:15pm <i>Yoga Studio</i>	Yin Yoga 6:30pm-7:30pm <i>Yoga Studio</i>	Yoga Flow 6:30pm-7:15pm <i>Yoga Studio</i>	CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE *No classes during home football games, plus 8/30, and 11/24-29. SCAN HERE TO REGISTER  *CLASSES OPEN 48 HOURS IN ADVANCE.	
	REFIT Dance 6:45pm-7:30pm <i>Studio A</i>	Les Mills SHAPES 7:00pm-7:45pm <i>Studio A</i>	REFIT Dance 6:45pm-7:30pm <i>Studio A</i>	Les Mills SHAPES 7:00pm-7:45pm <i>Studio A</i>		
	Cycling Explicit 7:15pm-8pm <i>Studio B</i>		Cycling Explicit 7:15pm-8pm <i>Studio B</i>			
	REV+FLOW 7:30pm-8:00pm <i>Studio A</i>		REV+FLOW 7:30pm-8:00pm <i>Studio A</i>			



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