


*Winter*  
2025

# GROUP FITNESS SCHEDULE

DECEMBER 15TH - JANUARY 9TH

\*No Classes 12/24-26, 1/1-2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<b>Cycle</b> 6:15am-7:00am <i>Studio B</i>	<b>BODYPUMP</b> 6:15am-7:00am <i>Studio A</i>	<b>Cycle</b> 6:15am-7:00am <i>Studio B</i>	<b>BODYPUMP</b> 6:15am-7:00am <i>Studio A</i>	<b>Cycle</b> 6:15am-7:00am <i>Studio B</i>
	<b>Silver Splash</b> 9:00am-9:45am <i>Pool</i>		<b>Aqua Zumba</b> 9:00am-9:45am <i>Pool</i>		
	<b>Silver Classic</b> 10:15am-11:00am <i>Studio A</i>	<b>Silver Circuit</b> 10:00am-10:45am <i>Studio A</i>	<b>Silver Classic</b> 10:15am-11:00am <i>Studio A</i>	<b>Silver Circuit</b> 10:00am-10:45am <i>Studio A</i>	<b>Stretch &amp; Stability</b> 10:15am-11:00am <i>Studio A</i>
	<b>Herd Circuit</b> 12:15 pm-1:00 pm <i>ThunderZone</i>	<b>Herd Circuit</b> 12:15 pm-1:00 pm <i>ThunderZone</i>	<b>Herd Circuit</b> 12:15 pm-1:00 pm <i>ThunderZone</i>	<b>Herd Circuit</b> 12:15 pm-1:00 pm <i>ThunderZone</i>	<b>Yoga Flow</b> 12:15pm-1:00pm <i>Yoga Studio</i>
EVENING	<b>Hot Yoga</b> 5:30pm-6:15pm <i>Yoga Studio</i>	<b>Yoga Flow</b> 5:30pm-6:15pm <i>Yoga Studio</i>	<b>Hot Yoga</b> 5:30pm-6:15pm <i>Yoga Studio</i>	<b>Yoga Flow</b> 5:30pm-6:15pm <i>Yoga Studio</i>	 <p><b>SMOOTHIE King</b> <i>RULE THE DAY</i></p>
	<b>BODYPUMP</b> 5:30pm-6:15pm <i>Studio A</i>	<b>Power Pilates</b> 5:30pm-6:15pm <i>Studio A</i>	<b>BODYPUMP</b> 5:30pm-6:15pm <i>Studio A</i>	<b>Power Pilates</b> 5:30pm-6:15pm <i>Studio A</i>	
	<b>REFIT Dance</b> 6:30pm-7:15pm <i>Studio A</i>	<b>BODYCOMBAT</b> 6:30pm-7:15pm <i>Studio A</i>	<b>REFIT Dance</b> 6:30pm-7:15pm <i>Studio A</i>	<b>BODYCOMBAT</b> 6:30pm-7:15pm <i>Studio A</i>	
	<b>Yin Yoga</b> 6:30pm-7:30pm <i>Yoga Studio</i>	<b>Cycle</b> 6:30pm-7:15pm <i>Studio B</i>	<b>Yin Yoga</b> 6:30pm-7:30pm <i>Yoga Studio</i>	<b>Cycle</b> 6:30pm-7:15pm <i>Studio B</i>	

SCAN  
HERE  
TO REGISTER



CHECK THE WEBSITE FOR  
THE MOST UP TO DATE SCHEDULE

\*Classes open 48 hours in advance.

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