

# Spring 2026

# GROUP FITNESS SCHEDULE

JANUARY 12TH - MAY 9TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<b>Herd HIIT</b> 6:15am-7:00am <i>ThunderZone</i>	<b>Herd HIIT</b> 6:15am-7:00am <i>ThunderZone</i>	<b>Herd HIIT</b> 6:15am-7:00am <i>ThunderZone</i>	<b>Herd HIIT</b> 6:15am-7:00am <i>ThunderZone</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>BODYPUMP</b> 6:15am-7:00am <i>Studio A</i>	<b>Cycle</b> 6:15am-7:00am <i>Studio B</i>	<b>Herd HIIT</b> 9:15am-10:15am <i>ThunderZone</i>
	<b>Silver Splash</b> 9:00am-9:45am <i>Pool</i>	<b>Heated Yogalates</b> 7:15am-8:00am <i>Yoga Studio</i>	<b>Aqua Zumba</b> 9:00am-9:45am <i>Pool</i>	<b>Heated Yogalates</b> 7:15am-8:00am <i>Yoga Studio</i>	<b>SHAPES</b> 7:15am-8:00am <i>Studio A</i>	<b>Yoga</b> 10:00am-11:00am <i>Yoga Studio</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>Les Mills</b> 10:30am-11:30am <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>	<b>Power Pilates</b> 12:00pm-12:45pm <i>Studio A</i>
EVENING	<b>SHAPES</b> 4:00pm-4:45pm <i>Studio A</i>	<b>CORE</b> 4:00pm-4:30pm <i>Studio A</i>	<b>SHAPES</b> 4:00pm-4:45pm <i>Studio A</i>	<b>CORE</b> 4:00pm-4:30pm <i>Studio A</i>		
	<b>Herd HIIT</b> 5:30pm-6:15pm <i>ThunderZone</i>	<b>Power Pilates</b> 5:30pm-6:15pm <i>Studio A</i>	<b>Herd HIIT</b> 5:30pm-6:15pm <i>ThunderZone</i>	<b>Power Pilates</b> 5:30pm-6:15pm <i>Studio A</i>	<b>Power Pilates</b> 5:30pm-6:15pm <i>Studio A</i>	 <b>SMOOTHIE King.</b> <b>RULE THE DAY.</b>
	<b>Hot Yoga</b> 5:30pm-6:15pm <i>Yoga Studio</i>	<b>Cycle</b> 5:30pm-6:15pm <i>Studio B</i>	<b>Hot Yoga</b> 5:30pm-6:15pm <i>Yoga Studio</i>	<b>Cycle</b> 5:30pm-6:15pm <i>Studio B</i>		
	<b>BODYPUMP</b> 5:30pm-6:30pm <i>Studio A</i>	<b>BODYCOMBAT</b> 5:30pm-6:30pm <i>Studio C</i>	<b>BODYPUMP</b> 5:30pm-6:30pm <i>Studio A</i>	<b>BODYCOMBAT</b> 5:30pm-6:30pm <i>Studio C</i>		
	<b>Yin Yoga</b> 6:30pm-7:30pm <i>Yoga Studio</i>	<b>Yoga Flow</b> 6:30pm-7:15pm <i>Yoga Studio</i>	<b>Yin Yoga</b> 6:30pm-7:30pm <i>Yoga Studio</i>	<b>Yoga Flow</b> 6:30pm-7:15pm <i>Yoga Studio</i>		<b>CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE</b> <small>*No classes 1/19, 3/7 *except Herd HIIT, 3/16-21st</small> <b>SCAN HERE TO REGISTER</b> <small>*CLASSES OPEN 48 HOURS IN ADVANCE.</small> 
	<b>Dance Fusion</b> 6:45pm-7:45pm <i>Studio A</i>	<b>SHAPES</b> 7:00pm-7:45pm <i>Studio A</i>	<b>Dance Fusion</b> 6:45pm-7:45pm <i>Studio A</i>	<b>SHAPES</b> 7:00pm-7:45pm <i>Studio A</i>		
	<b>Cycling Explicit</b> 7:15pm-8:00pm <i>Studio B</i>		<b>Cycling Explicit</b> 7:15pm-8:00pm <i>Studio B</i>			



**THE REC**