



Group Exercise Schedule

Monday

9:00-10:00AM
Full Bbody
Fitness
Alyson

9:30-10:30AM
Pickleball
Shelly (GYM)

5:00-6:00pm
Strength Train
Together
Carolina

6:00-7:30PM
Livestrong
Shelly

6:15-7:15pm
Cardio Latin
Beat
Angelica

Tuesday

9:00-10:00AM
Cardio Latin
Beat
Emiliano

9:00-10:00AM
Strong and
Flexible Seniors
Shelly

5:45-6:30pm
Cardio Kickbox
Burn
Lynne

6:00-7:00PM
Cycling
Jovina

Wednesday

9:00-10:00AM
Strength Train
Together
Emiliano

10:30-11:30AM
Silver Sneakers
Emiliano

9:00-10:30am
Aqua Fit
Shelly

5:30-6:30pm
Lean & Strong
Carolina

6:30-7:30pm
Sconing
Denise

6:00-7:30pm
Livestrong
Shelly

Thursday

9:00-10:00AM
Cardio Latin
Beat
Emiliano

9:00-10:00AM
Strong and
Flexible Seniors
Shelly

5:30-6:30PM
WERQ
Kathryn

6:30-7:30pm
Strength Train
Together
Kathryn

6:00-7:00PM
Cycling
Jovina

Friday

7:45-8:15AM
Cycling
Jovina

8:30-9:00AM
30 Min Abs
Angelica

10:30-11:30AM
Silver Sneakers
Emiliano

9:00-10:30am
Aqua Fit
Shelly

5:30-6:30pm
Cardio Latin
Beat
Angelica

6:30-7:30PM
Glutes & Core
Elizabeth

Saturday

8:00-9:00AM
Cycling
Jovina

8:30-9:30AM
Full Body HIIT
Lynne

9:30-10:30AM
Balance & Flex
Denise

10:30-11:30AM
Zumba
Denise

**Classes Held
In Group Ex
Room

** Classes Held
In CYCLING
STUDIO

**Classes held in
Ready to Be Fit
Room/Gym

**Classes held in
POOL

**Group Exercise Classes are
FREE to all full facility
members.**

Drop In Guest Fee is \$15

**Must be 16 years old to participate in
Group Exercise Classes
Except Zumba or Cardio Latin Beat
must be 12 years old**