



GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE/STRENGTH 5:45 - 6:35 A LINDSAY	TONING EXPRESS 6:00 - 6:30 A NICOLE	CYCLE/STRENGTH 5:45 - 6:35 A MARCI / ASHLEY	AQUA INTERVALS 7:00 - 7:45 A HEATHER	CORE STR. EXPRESS 6:00 - 6:30 A NICOLE	CYCLE/STRENGTH 9:00 - 9:50 A WELLNESS INSTRUCTOR	STRENGTH INTERVALS 8:00 - 8:50 A KATE
SWEAT & SCULPT 9:00 - 9:45 A LINDSAY	AQUA INTERVALS 7:00 - 7:45 A HEATHER	SHINE 9:00 - 9:50 A ROBIN	CYCLE/CORE 9:00 - 9:45 A LINDSAY	STRENGTH INTERVALS 8:00 - 8:50 A SUSIE F.	AQUA WAVE 10:00 - 10:45 A HEATHER	STRENGTH INTERVALS 9:00 - 9:50 A SUSIE F. / TRACEY
BARRE 10:00 - 10:50 A EMILY	HIIT FUSION 9:00 - 9:50 A EMILY	BARRE 10:00 - 10:50 A EMILY	BOOTCAMP 10:00 - 10:45 A SUSIE F.	STRENGTH INTERVALS 9:00 - 9:50 A EMILY	ADULT SWIM PRACT. 11:00 A - 12:00 P CLAUDINE	YOGA FLOW 10:00 - 10:50 A KATHY
AQUA AEROBICS 10:00 - 10:50 A RHONDA	STRENGTH INTERVALS 10:00 - 10:45 A TRACEY	AQUA AEROBICS 10:00 - 10:50 A RHONDA	BOOTCAMP 11:00 - 11:45 A SUSIE F.	AQUA AEROBICS 10:00 - 10:50 A RHONDA		
SHINE 11:00 - 11:50 A ROBIN	STRENGTH INTERVALS 11:00 - 11:45 A TRACEY	ADULT SWIM PRACT. 12:00 - 1:00 P CLAUDINE	FLEXIBILITY&BALANCE 11:00 - 11:50 A RHONDA	GROUP CYCLE 10:00 - 10:50 A SUSIE W.		
INTERVAL TRAINING 11:00 - 11:45 A LINDSAY	STRENGTH & SCULPT 6:00 - 6:45 P MEA	YOGA 6:00 - 6:50 P RENEE	SHINE + UPLIFT 5:30 - 6:20 P ROBIN			
BARRE FUSION 6:00 - 6:45 P MEA						

CLASSES TAUGHT IN:
 GROUP X STUDIO
 CYCLE STUDIO
 ATHLETIC PERFORMANCE
 WELLNESS PATIO
 INDOOR POOL

**Classes and instructors are subject to change. Please check the app for the most up-to-date schedule.*