



# Fitness Center

## Winter Group Fitness Schedule | January 8- June 1

Classes in green are Family Classes and may include children ages 8 and up.

### Monday

Studio	Class	Time
D	Spin	7:30-8:25am
A	Low Imp. Aerobics	8-8:55am
B	Yoga Flow	8:30-9:15am
A	Strength & Mobility	9-9:55am
Gym	Family Boot Camp	9:20-10:05am
B	Sit & Be Fit	9:30-10:25am
A	Low Imp. Cardio Jam	10-10:50am
A	Cardio Express	11-11:45am
A	Dance Fitness	12-12:45pm
A	Core Conditioning	6-6:55pm
A	Family Yoga	7-7:55pm
A	Family Meditation	8-8:30pm

### Thursday

Studio	Class	Time
Gym	Cardio Cross Train	6-6:45am
B	Barre Bodies	7:45-8:30am
B	Pilates	8:30-9:15am
A	Low Imp. Dance Aerobics	9-9:55am
B	Sculpt	9:20-10:05am
A	Yoga Renewal	10-10:45am
B	Low Imp. Cardio Sculpt	10:15-11am
A	Lean 15	11-11:45am
B	Sit & Be Fit	11:15am-12pm
A	Strength Flex	12-12:45pm
A	Family Zumba	5:30-6:15pm
A	Family Bollywood	6:20-7:05pm
A	Belly Dancing	7:15-8pm
A	Belly Dancing	8-8:45pm

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### Tuesday

Studio	Class	Time
Gym	Cardio Cross Train	6-6:45am
B	Barre Bodies	7:45-8:30am
B	Pilates	8:30-9:15am
A	Low Imp. Dance Aerobics	9-9:55am
B	Sculpt	9:20-10:05am
A	Yoga Renewal	10-10:45am
B	Low Impact Cardio Sculpt*	10:15-11am
A	Lean 15	11-11:45am
B	Sit & Stretch*	11:15am-12pm
A	Strength Flex	12-12:45pm
A	Family Zumba	6-6:55pm

### Friday

Studio	Class	Time
D	Spin	7:30-8:25am
A	Low Imp. Aerobics	8-8:55am
B	Yoga Flow	8:30-9:15am
A	Strength & Mobility	9-9:55am
Gym	Family Boot Camp	9:20-10:05am
A	Flexi-Balance	10-10:45am
B	Low Imp. Cardio Jam	10-10:50am
B	Sit & Be Fit	11-11:45am
A	Ab & Roller Lab	11-11:45am
B	Circuit Training	12-12:45pm
A	Strength Mix	12-12:45pm

### Wednesday

Studio	Class	Time
B	Yoga Flow	7-7:50am
D	Spin	7:30-8:25am
A	Low Imp. Aerobics	8-8:55am
B	Restorative Yoga	8-8:45am
A	Strength & Mobility	9-9:55am
B	Sit & Be Fit	9:15-10am
Gym	Family Boot Camp	9:20-10:05am
A	Flexi-Balance	10-10:45am
B	Low Imp. Cardio Jam	10:15-11am
A	Ab & Roller Lab	11-11:45am
A	Strength Mix	12-12:45pm
A	Core Conditioning	6-6:55pm
A	Family Yoga	7-7:55pm

### Saturday

Studio	Class	Time
B	Yoga-lates	7:30-8:15am
A	Yoga	8-8:55am
B	Core Fusion	8:15-9am
A	Lean 15	9-9:45am
A	Family Bollywood	10-10:55am
D	Lift	10-10:45am

Classes in green are family classes. See Front Desk for additional details.

No regular classes 3/24-4/4, 5/25-5/28. Holiday schedules will be in effect.