

Spring 2025

GROUP FITNESS SCHEDULE

JANUARY 13 - MAY 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| Herd HIIT 6:15am-7:00am ThunderZone | Herd HIIT 6:15am-7:00am ThunderZone | Herd HIIT 6:15am-7:00am ThunderZone | Herd HIIT 6:15am-7:00am ThunderZone | Les Mills SHAPES 6:15am-7:00am Studio A | |
| Cycle-45 6:15am-7:00am Studio B | BODYPUMP 6:15am-7:00am Studio A | Cycle-45 6:15am-7:00am Studio B | BODYPUMP 6:15am-7:00am Studio A | Cycle-45 6:15am-7:00am Studio B | |
| | Hot Yoga 7:00am-7:45am Yoga Studio | | Hot Yoga 7:00am-7:45am Yoga Studio | | |
| | Les Mills CORE 7:15am-7:45am Studio A | | Les Mills CORE 7:15am-7:45am Studio A | | |
| Silver Splash 9:00am-9:45am Pool | Silver Circuit 9:00am-9:45am Studio A | Aqua Zumba 9:00am-9:45am Pool | Silver Circuit 9:00am-9:45am Studio A | | Herd HIIT 9:15am-10:15am ThunderZone |
| Silver Classic 10:15am-11:00am Studio A | | Silver Classic 10:15am-11:00am Studio A | | Stretch & Stability 10:15am-11:00am Studio A | Les Mills Rotating 10:30am-11:30am Studio A |
| Herd Circuit 12:15 pm - 1:00 pm ThunderZone | Herd Circuit 12:15 pm - 1:00 pm ThunderZone | Herd Circuit 12:15 pm - 1:00 pm ThunderZone | Herd Circuit 12:15 pm - 1:00 pm ThunderZone | Yoga Flow 12:15 pm - 1:00 pm Yoga Studio | |
| Les Mills SHAPES 4:00pm-4:45pm Studio A | | Les Mills SHAPES 4:00pm-4:45pm Studio A | | | |
| Herd HIIT 5:30pm-6:15pm ThunderZone | Power Pilates 5:30pm-6:15pm Studio A | Herd HIIT 5:30pm-6:15pm ThunderZone | Power Pilates 5:30pm-6:15pm Studio A | | |
| Hot Yoga 5:30pm-6:15pm Yoga Studio | Cycle-45 5:30pm-6:15pm Studio B | Hot Yoga 5:30pm-6:15pm Yoga Studio | Cycle-45 5:30pm-6:15pm Studio B | <p>CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE *No classes 1/20, 3/15-3/22</p> <p>SCAN HERE TO REGISTER</p> <p>*CLASSES OPEN 48 HOURS IN ADVANCE.</p>  | |
| BODYPUMP 5:30pm-6:30pm Studio A | BODYCOMBAT 5:30pm-6:30pm Studio C | BODYPUMP 5:30pm-6:30pm Studio A | BODYCOMBAT 5:30pm-6:30pm Studio C | | |
| Yin Yoga 6:30pm-7:15pm Yoga Studio | Yoga Flow 6:30pm-7:15pm Yoga Studio | Yin Yoga 6:30pm-7:15pm Yoga Studio | Yoga Flow 6:30pm-7:15pm Yoga Studio | | |
| Dance Fitness 6:30pm-7:15pm Studio C | | Dance Fitness 6:30pm-7:15pm Studio C | Dance Choreography 6:30pm-7:15pm Studio A | | |

