

Winter
2024

GROUP FITNESS SCHEDULE

DECEMBER 16-21, JANUARY 6-11

*Silver Splash and Aqua Zumba are only January 6-11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Yoga Flow 6:15am-7:00am Yoga Studio
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
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	
Silver Classic 10:00am-10:45am Studio A		Silver Classic 10:00am-10:45am Studio A		Stretch & Stability 10:00am-10:45am Studio A
Lunch Crunch 12:15 pm - 1:00 pm ThunderZone	Lunch Crunch 12:15 pm - 1:00 pm ThunderZone	Lunch Crunch 12:15 pm - 1:00 pm ThunderZone	Lunch Crunch 12:15 pm - 1:00 pm ThunderZone	Yoga Flow 12:15 pm - 1:00 pm Yoga Studio
Herd HIIT 5:30pm-6:15pm ThunderZone	Power Pilates 5:30pm-6:15pm Studio A	Herd HIIT 5:30pm-6:15pm ThunderZone		
Hot Yoga 5:30pm-6:15pm Yoga Studio	Yoga Flow 5:30pm-6:15pm Yoga Studio	Hot Yoga 5:30pm-6:15pm Yoga Studio	Yoga Flow 5:30pm-6:15pm Yoga Studio	<p>CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE</p> <p>SCAN HERE TO REGISTER</p>  <p>*CLASSES OPEN 48 HOURS IN ADVANCE.</p>
BODYPUMP 5:30pm-6:30pm Studio A		BODYPUMP 5:30pm-6:30pm Studio A		
Yin Yoga 6:30pm-7:15pm Yoga Studio	Cycle 45 6:30pm-7:15pm Studio B	Yin Yoga 6:30pm-7:15pm Yoga Studio	Cycle 45 6:30pm-7:15pm Studio B	
	BODYCOMBAT 6:30pm-7:30pm Studio A		BODYCOMBAT 6:30pm-7:30pm Studio A	



THE REC