

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		
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	Les Mills SHAPES 7:15am-8:00am 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			 <p>SMOOTHIE KING RULE THE DAY.</p>
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>	
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	<p>SCAN HERE TO REGISTER</p>  <p>*CLASSES OPEN 48 HOURS IN ADVANCE.</p>	
Dance Fitness 6:30pm-7:15pm Studio C		Dance Fitness 6:30pm-7:15pm Studio C	Dance Choreography 6:30pm-7:15pm Studio A		

