



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ALL TOGETHER BETTER

GROUP CLASS SCHEDULE



Tuesday

Time	Class
6:00 am	Wake Up! Workout!
9:00 am	Yogalates
10:00 am	Zumba Gold
11:00 am	BodyPump
11:00 am	Aqua Aerobics
12:30 pm	Gentle Yoga
2:00 pm	SilverSneakers® Cardio Fit
4:00 pm	Kids' Martial Arts
5:00 pm	Swim Team
5:00 pm	BodyPump
6:30 pm	Power Yoga



Monday

Time	Class
9:00 am	BodyPump
10:00 am	Turbo Kickboxing
10:00 am	Aqua Aerobics
11:00 am	Sculpt
11:30 am	Silver Sneakers® MSROM
12:30 pm	Silver Sneakers® Yoga Stretch
2:00 pm	SilverSneakers® Cardio Fit
4:00 pm	Kids' Martial Arts
5:30 pm	Zumba
6:30 pm	Pilates
7:00 pm	Masters' Swim

Wednesday

Time	Class
8:30 am	Piyo - Strength
9:30 am	Step
10:30 am	Sculpt
11:30 am	Silver Sneakers® MSROM
12:30 pm	Silver Sneakers® Yoga Stretch
2:00 pm	Cardio Fit
4:00 pm	Kids' Martial Arts
5:30 pm	Ansura Yoga
6:30 pm	Zumba Toning
7:00 pm	Masters' Swim



Thursday

Time	Class
6:00 am	Wake Up! Workout!
9:00 am	Yogalates
10:00 am	BodyPump
11:00 am	Aqua Aerobics
11:30 am	Zumba
12:30 pm	Gentle Yoga
2:00 pm	SilverSneakers® Cardio Fit
4:00 pm	Kids' Cardio
5:00 pm	Swim Team
5:00 pm	Sculpt
5:30 pm	Turbo Kickboxing
6:30 pm	Zumba

Friday

Time	Class
8:30 am	Sculpt
9:00 am	Turbo Kickboxing
10:00 am	Zumba
3:00 pm	Cardio Fit
5:00 pm	Swim Team

Saturday

Time	Class
8:00 am	Sport Turbo Kickboxing
9:00 am	Zumba
10:00 am	Kids' Martial Arts
11:00 am	Women's Self Defense *FREE TO PUBLIC*
2:45 pm	Ballet (ages 3+)
3:45 pm	Ballet (3yrs and under)

STRONG BODIES STRONGER FAMILIES



KidZone open Mon-Thurs. 8-12:30pm & 3-8pm • Fri. 8-12:30pm • Sat. 8-12pm

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