

January Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Group Power® Allison Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A
9:30am	CoreFusion Becky Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Nickie Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A
10:30am	Zumba® Viktoria Large Gym	10:30am	Zumba Gold ® Nickie Studio A	10:30am	Aqua Boot Camp Carol Pool	10:30am	Aqua Zumba® Viktoria Pool	10:30am	Aqua Mix Christina Pool
11:45am	Aqua Mix Carol Pool	11:45am	Gentle Candlelight Yoga Myrna Studio A	11:45am	Aqua Mix Allison Pool	11:45am	Candlelight Yoga Missy C Studio A	11:45am	Aqua Mix Missy W Pool
12:30pm	Group Power® Leslie Studio A	12:30pm	Aqua Mix Christina Pool	12:30pm	Flow Yoga Cathy Studio A	12:30pm	Aqua Mix Christina Pool	12:30pm	Group Power® Leslie Studio A
1:45pm	Aqua Zumba® Viktoria Pool	1:45pm	Active for Life Christina Studio A	1:45pm	Stronger Longer Allison Studio A	1:45pm	Active for Life Christina Studio A	1:45pm	Chair Yoga Missy C Studio A
5:30pm	Active for Life Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A	6:00PM	Aqua Mix Corissa Pool	5:30pm	Group Cycle (45mins) Dana Cycle Studio	8:15am	Group Cycle Dana Cycle Studio
6:35pm	Chair Yoga Missy C Studio A	6:35pm	Step Becky Studio A	6:35pm	Flow Yoga Cathy Studio A	6:35pm	Group Groove® Marybeth Studio A	8:30am	Sculpt & Tone Anissa Studio A
6:35pm	Group Power® Dana Studio A			<p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</p>		<p>Pickleball Tue/Thurs @9:30am - 12:30pm Gym</p>		<p>Limited schedule 12/31 Facility CLOSED 1/1/2026</p>	
<p>Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.</p>		<p>Happy New Year!</p>		<p>Step Becky Studio A</p>		<p>Salsa,Bachata Adam Studio A</p>		<p>Saturday</p>	