

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		
	Zumba® Viktoria Large Gym		Zumba Gold • Nickie Studio A		Aqua Boot Camp Carol Pool		Aqua Zumba® Viktoria Pool		Aqua Mix Christina Pool		
	Aqua Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Allison Pool	10:30am	Candlelight Yoga Missy C Studio A	10:30am	Aqua Mix Missy W Pool		
Group Power® Leslie Studio A	Aqua Mix Christina Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A				
10:30am	Aqua Zumba® Viktoria Pool	11:45am	Active for Life Christina Studio A	11:45am	Stronger Longer Allison Studio A	11:45am	Active for Life Christina Studio A	11:30am	Chair Yoga Missy C Studio A		
	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	Saturday			
12:30pm	Chair Yoga Missy C Studio A	6:35pm	Step Becky Studio A	6:35pm	Flow Yoga Cathy Studio A	5:30pm	Group Groove® Marybeth Studio A			8:15am	Group Cycle Dana Cycle Studio
5:30pm	Group Power® Dana Studio A	<div></div> <div>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</div>				6:35pm	Group Power® Dana Studio A	8:30am	Sculpt & Tone Anissa Studio A		
6:35pm	Group Cycle (45mins) Dana Cycle Studio					<div>Pickleball Tue/Thurs @9:30am - 12:30pm Gym</div> <div>Limited schedule 12/31 Facility CLOSED 1/1/2026 Happy New Year!</div>				9:30am	Aqua Mix Christina/Missy W Pool
	Flow Yoga Cathy Studio A									9:30am	Group Power® Dana Studio A
		10:35am	Step Becky Studio A	11:35am	Salsa,Bachata Adam Studio A						

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.