

Fitness Schedule

Schedule may be subject to change
Updated 6/18/18
Classes are 1 hour unless otherwise stated

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7:00 AM	* 7-7:50am Intro to Rowing		5:45am Rise & Grind				
8:00 AM	8am Back to Basics	8am Interval Training	* 8am Intro to Cycling	8am Interval Training	* 8am Intro to Cycling	8am Yoga in the Park @ Henne Field	
	8:15am Morning Yoga		8:15am Morning Yoga				
	8:30am Low Stress Water Aerobics		8:30am Low Stress Water Aerobics		8:30am Low Stress Water Aerobics	* 8:30am Metabolic Circuit	
9:00 AM	9am Weightlifting/Conditioning		9am Weightlifting/Conditioning				
	9:15am Morning ZUMBA	9:30am Body Conditioning	9:15am Morning ZUMBA	9:30am Body Conditioning	9:15am ZUMBA Gold		
		9:30am Deep Water Aerobics		9:30am Deep Water Aerobics			
10:00 AM			10am Aqua ZUMBA			* 10am ZUMBA	
	10:45am Total Fitness		10:45am Total Fitness		10:45am Total Fitness		
11:00 AM		* 11:30am-12:20pm Peak Performance		* 11:30am-12:20pm Peak Performance			
12:00 PM		* 12:30-1pm Short Circuit	12 pm Balanced Body	* 12:30-1pm Short Circuit			
4:00 PM	* 4:15-5pm Cardio Spin		* 4:15-5pm Cardio Spin			Class Schedule Key:	
5:00 PM	5:15-6:05pm ZUMBA & Strength	# 5pm Mat Based Pilates	5:15pm Strength & Core	# 5pm Integral Yoga		Fitness Classes included in the annual membership	
	5:30pm Deep Water Aerobics	* 5:15pm Studio Cycling	5:30pm Deep Water Aerobics			Aquatic Classes not included in annual membership	
		5:30pm Low Stress Water Aerobics	# 5:45pm Integral Yoga	5:30pm Low Stress Water Aerobics		Premium Fitness Classes not included in annual membership	
6:00 PM	6:15-7:10pm Pilates Fusion	6:15pm Yogilates		# 6:15pm Mat Based Pilates	6:30pm Cardio Drumming in the Park @ Tefft Park	FREE classes for everyone check Park location	
	# 6:15pm Integral Yoga	6:30pm Cardio Kick				* Must receive ticket at desk no more than a half an hour prior to class starting	
7:00 PM	* 7:30pm Barre Above	* 7:30pm Beginner Yoga	* 7-7:45pm TRX PLUS	* 7pm ZUMBA		# Must start at the beginning of each session	
KIDS CORNER	8:45am-12:00pm 4-8pm	8:45am-1pm 4:45-8:15pm	8:45am-12pm 4-7:30pm	8:45am-12 pm 4:45-8:15pm	8:45am-12pm	8:15am-12pm	