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STAFF HOURS:
 Mon-Thu 8:00 a.m.-8:00 p.m.
 Fri- 8:00 a.m.-6:00 p.m.
 Sat-8:00 am-12: noon

CHILDCARE HOURS:
 Mon-Fri 8:30 a.m.-12:00 noon
 Mon-Thu 4:00 p.m.-7:30 p.m.
 Sat 9:00 a.m.-12:00 noon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 8:30AM - 9:30AM Jessica	Virtual Coming Soon 8:30AM - 9:30AM Group Fitness	 8:30AM - 9:30AM Tesia	 8:30AM - 9:30AM Michele	 8:30AM - 9:30AM Cindy	 9:00AM - 10:00AM Jessica	
 9:30AM - 10:30AM Tesia	 9:30AM - 10:30AM Paula	 9:30AM - 10:30AM Tesia	 9:30AM - 10:30AM Paula	 9:30AM - 10:30AM Cindy	 9:00AM - 10:00AM Group Fitness	
 10:30AM - 11:00AM Tesia	 10:30AM - 11:30AM Becky	Virtual Coming Soon 10:30AM - 11:30AM Group Fitness	 10:30AM - 11:30AM Becky	Virtual Coming Soon 10:30AM - 11:30AM Group Fitness	 10:00AM - 11:00AM Lucy	
 11:00AM - 12:00PM Becky	Virtual Coming Soon 11:30AM - 12:15PM Group Fitness	Virtual Coming Soon 11:30AM - 12:15PM Group Fitness	Virtual Coming Soon 11:30AM - 12:15PM Group Fitness	Virtual Coming Soon 11:30AM - 12:15PM Group Fitness	 11:00AM - 12:00PM Tammy/Melissa	
 12:00PM - 1:00PM Becky	 12:15PM - 1:00PM Jessica	 12:15PM - 1:15PM Tammy/Melissa	 12:15PM - 1:00PM Jessica			
 4:30PM - 5:30PM Lucy	 4:30PM - 5:30PM Michele	 4:30PM - 5:30PM Michele	 4:30PM - 5:30PM Michele			
 5:30PM - 6:00PM Cindy C	 5:30PM - 6:30PM Paula	 5:30PM - 6:00PM Cindy C	 5:30PM - 6:30PM Paula			
 5:30PM - 6:30PM Lucy	 5:30PM - 6:30PM Michele	 5:30PM - 6:30PM Group Fitness	Virtual Coming Soon 5:30PM - 6:30PM Group Fitness			
 6:30PM - 7:30PM Group Fitness		Virtual Coming Soon 6:30PM - 7:30PM Group Fitness				

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.



P90X LIVE is a predesigned group exercise class like no other. P90X LIVE brings out the inner athlete. It incorporates principles from personal training, functional strength coaching and small group training and will get you in the best shape of your life!



Come join the party with Party Spin. Super intense workout with heart-pounding music, lots of sweat, and lots of fun



POUND is a fun group fitness class that combines strength training, cardio, and Pilates with drumming. The use of the Ripstix, lightly weighted exercise drumsticks, strengthens the core and improves balance and stability. Tone your legs and abs in this ROCKOUT WORKOUT



Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. This class is easily adapted for any fitness level. A Chair is available for standing support and stretching



SilverSneakers is a multi-level, equipment based, total body conditioning class. The overall class objective is to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting. Great for beginners!



Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures esigned to increase flexibility, balance and range of movement.



Everyone finishes first in Cycling! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you ride on!



This class provides a combination of healthy alignment and the freedom to play within familiar and new poses. From beginners to seasoned practitioners, this class helps to broaden the range of capabilities of each person through the instruction of alignment and breath.



ZUMBA is a cardio based workout with sculpting designed to tone and sculpt the entire body from top to bottom. Zumba is a FUN dance class great for the body, soul, and mind! It is a mixture of simple Latin, hip-hip, and salsa dance moves! Everyone gets a great workout and has a BLAST in ZUMBA.

CROSSFIT CLASSES

Monday &
Wednesday-
8:00A, 9:00A,
4:30P, 5:30P, 6:30P

Tuesday &
Thursday-
8:00A, 9:00A,
4:30P, 5:30P, 6:30P

Friday-
8:00A, 9:00A,
4:30P, 5:30P

Saturday-
9:00A-12:00Noon-
Open Class