





Class Schedules


November 2022



 Group Exercise Studio	 Yoga/Wellness Studio
Monday	Monday
8:30am-9:30am ZUMBA 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50pm <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> 4:45-5:45pm <i>Les Mills BodyCombat</i> 5:50-6:50pm <i>Les Mills BodyPump</i>	5:30-6:30am <i>Body Balance/Body Flow</i> 8:30-9:30am Core Fusion 11:45-1:00pm Gentle Yoga
Tuesday	Tuesday
5:30-6:30am <i>Les Mills BodyPump</i> 8:30-9:30am KickButt Step- Canceled for November 9:40-10:40am Total Body Sculpt 10:50-11:50am (Silver Sneakers) Muscular Strength 4:45-5:45pm <i>Les Mills BodyPump</i> 5:50-6:50pm <i>Karate**</i>	Wednesday
Wednesday	Thursday
6:00-6:30am Les Mills CX Worx 8:30-9:30am Cardio Core Bootcamp 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50am <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> 4:45-5:45pm <i>Les Mills BodyCombat</i> 5:50-6:50pm <i>Les Mills BodyPump</i>	11:45-1:00pm Gentle Yoga 8:30-9:30am Mat Pilates (located in group exercise room) 5:45-6:45pm <i>Vinyasa Yoga</i>
Thursday	Friday
5:30-6:30am <i>Les Mills BodyPump</i> 8:30-9:30am Mat Pilates 9:40-10:35am Zumba 10:50-11:50am (Silver Sneakers) Muscular Strength 4:45-5:45pm <i>Les Mills BodyPump</i> 5:50-6:50pm <i>Karate**</i>	Saturday
Friday	Sunday
6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am <i>Mat Pilates</i> 10:50-11:50am <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i>	5:30-6:30am <i>Body Balance/Body Flow</i> 8:30-9:30am Mat Pilates (located in group exercise room) 11:45-1:00pm Gentle Yoga
Saturday	
8:00-8:30am Les Mills Grit Cardio/Plyo 8:35-9:35am Les Mills BodyPump 9:40-10:40am Les Mills BodyStep	
Sunday	
8:30-9:30am Les Mills BodyPump 9:40-10:40am Les Mills BodyCombat 11am-12pm Les Mills BodyStep *NEW*	

 Spinning Studio
Monday
5:30-6:15am <i>Les Mills RPM</i> 5:45-6:30pm Spinning
Tuesday
12:00-1:00pm Spinning
Wednesday
5:30-6:00am <i>Les Mills Sprint</i> 5:45-6:30pm Spinning *NEW DAY* No longer on Thursdays
Thursday
12:00-1:00pm Spinning 5:45-6:30pm Spinning *MOVED TO WEDNESDAYS 5:45pm*
Friday
5:30-6:00am <i>Les Mills RPM</i>

 Group Training
There is an EXTRA CHARGE FOR HIIT/Bootcamp \$10 Member/\$12 Guest HIIT = High Intensity Interval Training
Monday
5:30am HIIT 12pm Bootcamp
Tuesday
6:30am HIIT
Wednesday
5:30am HIIT 12pm Bootcamp
Thursday
6:30am HIIT 12pm Bootcamp
Friday
5:30am HIIT
Saturday
9:45am HIIT

 WATER AEROBICS
Tuesday
6-7am Aqua Power
Wednesday
9-10am Aqua Tabata
Thursday
6-7am Joint Effort
Friday
8-9am Aqua Power
Saturday
8-9am Aqua Power

****Karate is Free for Members. Karate can NOT be used with a punchcard. \$7.50 guest pass must be purchased**