



# Class Schedules

# June 2022




 <b>Group Exercise Studio</b>	 <b>Yoga/Wellness Studio</b>
<b>Monday</b>	<b>Monday</b>
8:30am-9:30am ZUMBA 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50pm <i>Boomers &amp; 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>Les Mills BodyFlow</i> 8:30-9:30am Core Fusion w/Jay 11:45-1:00pm Gentle Yoga <b>*No class on 6th or 13th*</b>
<b>Tuesday</b>	<b>Tuesday</b>
5:30-6:30am <i>Les Mills BodyPump</i> 8:30-9:30am <i>Les Mills BodyStep</i> 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>	8:30-9:30am <i>Les Mills BodyFlow</i> 5:45-6:45pm <i>Les Mills BodyFlow</i>
<b>Wednesday</b>	<b>Wednesday</b>
6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am Cardio Core Bootcamp 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50am <i>Boomers &amp; 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 <b>*No class on 8th or 15th*</b>
<b>Thursday</b>	<b>Thursday</b>
5:30-6:30am <i>Les Mills BodyPump</i> 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> 7:00-7:45pm Zumba <b>*Moved to Fridays 9:40am*</b>	<b>Friday</b>
<b>Friday</b>	<b>Saturday</b>
6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am <i>Mat Pilates</i> 9:40-10:35am Zumba <b>*NEW*</b> 10:50-11:50am <i>Boomers &amp; Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i>	9:35-10:35am Vinyasa Yoga
<b>Saturday</b>	<b>Sunday</b>
8:00-8:30am <i>Les Mills Grit Cardio/Plyo</i> 8:35-9:35am <i>Les Mills BodyPump</i> 9:40-10:40am <i>Les Mills BodyStep</i>	
<b>Sunday</b>	
8:30-9:30am <i>Les Mills BodyPump</i> 9:40-10:40am <i>Les Mills BodyCombat</i> 3:30-4:20pm Zumba <b>*June 12th and 19th ONLY*</b>	

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



<b>WATER AEROBICS</b>	
<b>Tuesday</b>	6-7am Aqua Power
<b>Wednesday</b>	9-10am Joint Effort
<b>Thursday</b>	6-7am Joint Effort
<b>Friday</b>	9-10am Aqua Power
<b>Saturday</b>	8-9am Aqua Power

 <b>Spinning Studio</b>
<b>Monday</b>
5:30-6:15am <i>Les Mills RPM</i> 5:45-6:30pm Spinning
<b>Tuesday</b>
12:00-1:00pm Spinning
<b>Wednesday</b>
5:30-6:00am <i>Les Mills Sprint</i>
<b>Thursday</b>
12:00-1:00pm Spinning 5:45-6:30pm Spinning
<b>Friday</b>
5:30-6:00am <i>Les Mills RPM</i>
<b>Saturday</b>
<b>Sunday</b>

 <b>Personal Training Groups</b>
EXTRA CHARGE FOR HIIT- LOCATED IN FITNESS AREA
<b>Monday</b>
6:30am HIIT (High Intensity Interval Training) <b>*NEW TIME FOR SUMMER*</b> 12pm HIIT (High Intensity Interval Training) or Bootcamp
<b>Tuesday</b>
6:30am HIIT (High Intensity Interval Training)
<b>Wednesday</b>
6:30am HIIT (High Intensity Interval Training) <b>*NEW TIME FOR SUMMER*</b> 12pm HIIT (High Intensity Interval Training) or Bootcamp
<b>Thursday</b>
6:30am HIIT (High Intensity Interval Training)
<b>Friday</b>
6:30am HIIT (High Intensity Interval Training) <b>*NEW TIME FOR SUMMER*</b> 12pm HIIT (High Intensity Interval Training) or Bootcamp
<b>Saturday</b>
9:45am HIIT (High Intensity Interval Training)