"We're here for you."

Updated 7/23/25

August					"We	're here for you
			DAYTIME CLASSES	I	1	ı
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 8:30-9:15 AM Kelly C/Mike Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer Studio	Muscle Max 8:00-9:00 AM Kelly K Studio	Cycle 9:15-10:00 AM Ferri/Sarah Studio
Barre Fusion 9:30-10:15 AM Lindsay Studio	HIIT 8:30-9:30 AM Kelly K Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Total Body 8:30-9:15 AM Hayley Studio	Cycle & Sculpt 8:30-9:30 AM Rose Studio		
	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool		Aqua Tone & Stretch 9:00-10:00 AM Deirdre Pool			
	Silver Splash 10:15-11:15 AM Lili Pool		Seated Strength & Balance 10:00-10:45 AM Mel Studio			
			Silver Splash 10:15-11:15 AM Deirdre Pool			
			EVENING CLASSES			
Cycle 6:30-7:15 PM Mike/Hayley Studio	Pump It 6:00-6:45 PM Terri Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Zumba 5:00-5:45 PM Justine Studio	FRIDAY	SATURDAY	SUNDAY
		Yoga 7:00-8:00 PM Katie Studio	Total Strength 6:00-6:45 PM Sarah Studio		Group Exercise Schedule Group exercise classes are included rship. Registration required for aqua group exercise classes only through Mindbody o by visiting the Welcome Center as space i limited.	
					Naza	reth ay Hours:
-						:30AM-11:30AM ay 5:00-7:30PM 0AM-12:30PM
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	0 0 y	For the most current class information please visit <u>Schedules</u> or scan the QR Code.		y 0	Visit us on <u>Y Wellness</u> . 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	