-			DAYTIME CLASSES			re here for you	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HIIT Revolution 8:15-9:00 AM Taylor Studio	Aquacise 8:15-9:00 AM Lois Pool (No class 8/5 only)	Soul Fusion 8:15-9:00 AM Lindsay Studio	Aquacise 8:15-9:00 AM Lois Pool	Total Body 8:15-9:00 AM Lindsay/Taylor/Haley Studio	Muscle Max 9:00-9:45 AM Jo-Elle Studio	Zumba® 10:30-11:15 Al Cynthia Studi	
Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio	Cycle Express 9:00-9:30 AM Kate R Studio	LIIT Express 9:15-9:45 AM Carmella Studio	Circuit Train 9:00-9:45 AM Katie S. Studio	Cardio Dance 9:15-10:00 AM Lois Studio	Yoga 10:00-10:45 AM Jessica Studio		
Range of Motion & Strength 10:00-10:30 AM Jessica B Studio	Aquacise 9:15-10:00 AM Lois Pool	Country Line Dance Fitness 10:00-10:45 AM Carmella Studio	Aquacise 9:15 - 10:00 AM Lois Pool	Range of Motion & Strength 10:15-11:00 AM Lois Studio			
Chair Yoga 10:45-11:30 AM lessica B Studio	Cardio Drumming 10:00-10:45 AM Rochelle Studio		Low Impact Aerobics 10:00-10:45 AM Rochelle Studio				
	Aqua Step 10:15-11:00 AM Shelly Pool (8/5 & 8/12 only)						
			EVENING CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Deep Water 4:45-5:15 PM Shelly Pool	HIIT 6:00-6:45 PM Maggie Studio	Aqua Fitness 4:45-5:30 PM Shelly Pool	Meditation in Movement 4:15-5:00 PM Spirit Studio				
Zumba® 5:15-6:15 PM Justine Studio		Strength Training 5:15-6:00 PM 1organ Studio	Zumba 5:30-6:15 PM Cynthia Studio		Group Exercise Schedule Group exercise classes are included in your p.		
Aqua Fitness 5:30-6:15 PM Shelly Pool	,				Registration require exercise classes only by visiting the Welcom	through Mindbody ne Center as space	

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qua Fitness :30-6:15 PM lly Pool			Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.
:15-6:15 PM stine Studio	5:15-6:00 PM 1organ Studio	Cynthia Studio	Group exercise classes are included in your p.

Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM

Stay & Play Hours:

For the most current class information please visit Schedules or scan the QR Code. For the most current class information please visit Schedules or scan the QR Code. Visit us on Y. Wellness. 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted		
		y 0	class information please visit <u>Schedules</u>		y	24/7 for our live Virtual Group Exercise class schedule and hundreds of	Updated 7/23/25	