"We're here for you."

Updated 9/4/25

	DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
NEW! Total Body Strength 8:15-9:00 AM Kate Studio	HIIT Revolution 8:15-9:00 AM Taylor Studio (new day)	Soul Fusion 8:15-9:00 AM Lindsay Studio	Circuit Train 9:00-9:45 AM Katie S. Studio	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 AM Cynthia Studio	
Aquacise 8:15-9:00 AM Lois Pool (new day)	Low Impact Movement & Strength Express 9:15-9:45 AM Taylor Studio (new day)	Aquacise 8:15-9:00 AM Lois Pool (new day) (No class 9/10 only)	Low Impact Aerobics 10:00-10:45 AM Rochelle Studio	Cardio Dance 9:15-10:00 AM Lois Studio	Yoga 10:00-10:45 AM Jessica Studio		
Aquacise 9:15-10:00 AM Lois Pool (new day)	Cardio Drumming 10:00-10:45 AM Rochelle Studio	Aquacise 9:15-10:00 AM Lois Pool (new day) (No class 9/10 only)		Range of Motion & Strength 10:15-11:00 AM Lois Studio			
Cycle Express 9:15-9:45 AM Kate Studio (new day)		LIIT Express 9:15-9:45 AM Carmella Studio			•		
Range of Motion & Strength 10:00-10:30 AM Jessica B Studio		Country Line Dance Fitness 10:00-10:45 AM Carmella Studio					
Chair Yoga 10:45-11:30 AM Jessica B Studio							
			EVENING CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Deep Water 4:45-5:15 PM Shelly Pool	HIIT 6:00-6:45 PM Kate 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 you p. Registration required for aqua group exercise classes only through Mindbody of by visiting the Welcome Center as space limited.		
Aqua Fitness 5:30-6:15 PM Shelly Pool							
					elt Stay & Play Hours:		
					Monday-Friday 8:00AM-11:00AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM		
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted		
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