"We're here for you."

lovember Schedul	le				"We	're here for you.	
			DAYTIME CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cycle 8:30-9:15 AM (elly C/Mike Studio	Strength & Balance 7:30 -8:15 AM Tanya Studio	Muscle Max 8:30-9:15 AM Kelly C Studio	Returning Soon! Silver Sneakers Classic 7:30 -8:15 AM Studio	Strength & Balance 7:30 -8:15 AM Tanya 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		Total Body 8:30-9:15 AM Hayley Studio	Cycle & Sculpt 8:30-9:30 AM Rose Studio	CIRCL Mobility™ 9:15-10:00 AM Mel Studio	Yoga 10:15-11:00 AM Maria Studio	
	Aqua Tone & Stretch 9:00- 10:00 AM Lili Pool		Aqua Tone & Stretch 9:00-10:00 AM Lili 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 Lili Pool				
MONDAY	TUECDAY	WEDNECDAY	EVENING CLASSES	FRIDAY	CATURDAY	CUNDAY	
Cycle 6:30-7:15 PM Mike/Hayley Studio	Pump It 6:00-6:45 PM Laura Studio	Cycle 6:00-6:45 PM Mike/Rose/Sarah Studio	Total Strength 6:00-6:45 PM Sarah Studio	FRIDAY	SATURDAY	SUNDAY	
	NEW! Zumba 7:00-7:45 PM Justine Studio (starting 11/11)	Yoga 7:00-8:00 PM Maria Studio			Group Exercise Schedule Group exercise classes are included rship. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is		
					limi	ted.	
					<u>Naza</u> <u>Stay & Pl</u>	reth ay Hours:	
						:30AM-11:30AM ay 5:00-7:30PM DAM-12:30PM	

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	0 y 0	For the most current class information please visit <u>Schedules</u> or scan the QR Code.		y	Visit us on <u>Y Wellness</u> . 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!	Updated 11/3/25