

# FALL GROUP FITNESS CLASS SCHEDULE

EFFECTIVE THROUGH DECEMBER 31, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>A</div> 6:00 - 7:00am HIGH Fitness	<div>A</div> 5:15 - 6:15am Muscle Up	<div>A</div> 6:00 - 7:00am HIGH Fitness	<div>A</div> 5:15 - 6:15am Muscle Up	<div>A</div> 7:15 - 8:00am Muscle Up Ex - Core	<div>D</div> 7:00 - 8:00am HIGH Fitness
<div>A</div> 7:15 - 8:00am Muscle Up Express - Lower Body	<div>G</div> 6:00 - 7:00am Ripped	<div>A</div> 7:15 - 8:00am Muscle Up Ex - Upper Body	<div>C</div> 6:00 - 7:00am Cycle	<div>A</div> 8:20 - 9:20am Stretch & Mobility	<div>C</div> 7:00 - 8:00am Cycle
<div>A</div> 8:20 - 9:20am Pilates Power Hour	<div>A</div> 8:20 - 9:20am Muscle Up	<div>A</div> 8:20 - 9:20am Pilates Power Hour	<div>G</div> 6:15 - 7:00am Total Body Condition Express	<div>D</div> 8:20 - 9:20am Barre	<div>A</div> 8:00 - 9:15am Muscle Up
<div>D</div> 8:20 - 9:20am Zumba Toning	<div>D</div> 8:20 - 9:20am Yoga	<div>D</div> 8:20 - 9:20am Zumba	<div>A</div> 8:20 - 9:20am Muscle Up	<div>G</div> 9:00 - 10:00 Total Body Condition	<div>D</div> 8:30 - 9:30am Yoga
<div>G</div> 9:00 - 10:00am Total Body Condition	<div>G</div> 9:00 - 10:00am TRX	<div>G</div> 9:00 - 10:00am Total Body Condition	<div>D</div> 8:20 - 9:20am Yoga	<div>C</div> 9:00 - 10:00am Cycle	<div>A</div> 9:30 - 10:30am Dance Fitness
<div>C</div> 9:00 - 10:00am Cycle	<div>A</div> 9:30 - 10:30am HIGH Fitness	<div>C</div> 9:00 - 10:00am Cycle	<div>G</div> 9:00 - 10:00AM TRX	<div>A</div> 9:30 - 10:30am Pilates on the Ball	<div>A</div> 10:40 - 11:40am Surge Strength
<div>A</div> 9:30 - 10:30am Surge Strength	<div>D</div> 9:45 - 10:30am Silver Sneakers Classic	<div>A</div> 9:30 - 10:30am Power Yoga	<div>A</div> 9:30 - 10:30am HIGH Fitness	<div>D</div> 9:30 - 10:30am Zumba Toning	
<div>D</div> 9:30 - 10:30am Barre	<div>D</div> 10:45 - 11:30am Silver Sneakers Cardio	<div>D</div> 9:30 - 10:30am Barre	<div>D</div> 9:45 - 10:30am Silver Sneakers Classic	<div>A</div> 10:40 - 11:40am Step Kick Abs	
<div>A</div> 10:40 - 11:40am Harmony Within	<div>C</div> 5:20 - 6:20pm Cycle	<div>A</div> 10:40 - 11:40am Qigong	<div>D</div> 10:45 - 11:30am Silver Sneakers Cardio	<div>D</div> 10:45 - 11:30am Zumba Gold	<div>A</div> 1:30 - 2:30pm Power Yoga
<div>D</div> 10:45 - 11:30am Senior Fitness Cardio + Strength	<div>A</div> 5:20 - 6:20pm WERQ	<div>D</div> 10:45 - 11:30am Senior Fitness Cardio + Mobility	<div>A</div> 5:20 - 6:20pm POP Pilates	<div>A</div> 11:45 - 12:30pm HIGH Fitness Express	<div>A</div> 2:40 - 3:40pm Restorative Yoga
<div>A</div> 5:20 - 6:20pm Muscle Up	<div>X</div> 6:00 - 7:00pm TRX	<div>A</div> 5:20 - 6:20pm Muscle Up	<div>A</div> 6:30 - 7:30pm WERQ		
<div>A</div> 6:30 - 7:30pm Barre	<div>A</div> 6:30 - 7:30pm POP Pilates	<div>A</div> 6:30 - 7:30pm Barre	<div>A</div> 7:40 - 8:40pm Power Down Yoga		
<div>A</div> 7:40 - 8:40pm HIGH Fitness	<div>A</div> 7:40 - 8:40pm Power Down Yoga	<div>A</div> 7:40 - 8:40pm POP Pilates			

## SUNDAY

- A

 AEROBICS ROOM
- C

 CYCLE
- D

 DANCE ROOM
- G

 GYM
- X

 CROSS FITNESS

REGISTRATION REQUIRED FOR ALL CLASSES  
SCAN QR CODE WITH YOUR PHONE  
TO REGISTER



