

Group Fitness Schedule

May 20 - July 26

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cycle Rush ★</p> <p>8:15am 45min Studio 1 Sofia</p>	<p>Guts & Butts</p> <p>11:00am 45min Studio 2-3 Shelby</p>	<p>Cycle Rush ★</p> <p>8:15am 45min Studio 1 Sofia</p>	<p>Guts & Butts</p> <p>11:00am 45min Studio 2-3 Shelby</p>	<p>Cycle Express ★</p> <p>8:30am 30min Studio 1 Sofia</p>
<p>Power Pilates ★</p> <p>10:00am 45min Studio 2-3 Samantha</p>	<p>Poolside Pilates</p> <p>1:30pm 45min Outdoor Pool Reagan</p>	<p>Reformer Pilates</p> <p>10:00am 60min Studio 3 Reagan *registration required</p>	<p>Poolside Pilates</p> <p>1:30pm 45min Outdoor Pool Reagan</p>	
<p>Aqua Zumba</p> <p>12:30pm 45min Outdoor Pool Taylor</p>	<p>Zumba</p> <p>4:00pm 60min Studio 2-3 Taylor</p>	<p>Werk It!</p> <p>2:00pm 45min Studio 2-3 Samantha</p>	<p>Zumba</p> <p>4:00pm 60min Studio 2-3 Taylor</p>	
<p>Boxing</p> <p>6:00pm 60min Studio 2-3 Nate</p>	<p>Boxing</p> <p>6:00pm 60min Studio 2-3 Nate</p>	<p>Boxing</p> <p>6:00pm 60min Studio 2-3 Nate</p>		

Key

★ Virtual attendance available, registration required.

All classes are available in person, no registration required.

*Registration for Reformer Pilates opens up a week before each class and late registrants will be added to a wait-list.

Class Descriptions



Virtual Registration

