

GROUP EXERCISE

FALL 2026



MON	TUES	WED	THUR	FRI	SAT	SUN
8:30am HIGHLow Fitness with Elizabeth 9am SilverSneakers Circuit with Lori [Gym] 9:30am Sprint 8 with Amy 10am Spin with Amy 10am SilverSneakers Classic with Dana [Gym] 11am Yoga with Laura 12pm Y Firm with Melissa 1:00pm Senior Sampler with Lori 5:30pm Cardio Mix with Kristie 6:30pm Core & Strength with Darryl [Steelworks] 7pm Flow Yoga with Monika	8am HIIT & Fit with Olga 9am-9:30am Strong Start Orientation Fitness Equipment 101 9:30am Strength Training with Christa 10am SilverSneakers Classic with Lori [Gym] 11am HIGHLow Fitness with Elizabeth 12pm Chair Yoga with Lori 6pm HIIT & Conditioning with Vicki 7pm Yoga with Kristie	8:30am Strength/Cardio with Jasmine 9:30am Sprint 8 with Jasmine 10am Spin with Amy 10am Silver Soul with Jasmine [Gym] 11am Balance & Motion with Julie Kim 12pm Y Firm with Melissa 1:00pm Senior Sampler with Lori 5:15pm-6pm Start Strong Orientation Fitness Equipment 101 5:30pm Strength Training with Vicki 6:30pm Core & Endurance with Darryl [Steelworks]	6:30am Yoga with Janelle [Turf] 8am HIIT & Fit with Olga 9am SilverSneakers Classic with Monika [Gym] 9:30am Strength Training with Christa 10am Zumba Gold with Siu [Gym] 11am HIGHLow Fitness with Elizabeth 6pm HIIT & Conditioning with Vicki 7pm Yoga with Kristie	6:30am HIGHLow Fitness with Elizabeth [Turf] 8am HIIT & Fit with Lori 9:00am HIIT CORE with Jasmine [Gym] 9:30am Sprint 8 with Jasmine 10am Gentle Yoga with Julie Kim 10am Kids Flex Ages 5-12 Welcome! [Gym] 11am Chair Yoga with Julie Kim 12pm Y Firm with Melissa 1:00pm Senior Sampler with Lori	9am Strength Training with Vicki 10:15am Zumba with Siu	NO GROUP EXERCISE CLASSES

VIEW CLASS DESCRIPTIONS



Pool GroupEx

Mondays -	Water Aerobics @ 6pm	with Monika [Main Pool]
Tues/Thurs -	Water Aerobics @ 8am & 9am	with Bobbi [Main Pool]
Wednesdays -	Aqua Tone @ 11am	with Monika [Therapy Pool]
	*Aqua Zumba @ 6pm	with Janessa [Therapy Pool]
	Water Aerobics @ 6pm	with Mindy [Therapy Pool]
Fridays -	Water Aerobics @ 9am	with Monika [Main Pool]
*Aqua Zumba will only be held the first Wednesday of the month.		