

GROUP EXERCISE

J U L Y 2 0 2 6



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.