

# GROUP EXERCISE

## SEPTEMBER 2025



MON

8:30am  
Zumba  
with Jacque

9am  
SilverSneakers  
Circuit  
with Lori [Gym]  
(Begins August 11th)

9:30am  
Sprint 8  
with Amy

10am  
Spin  
with Amy

10am  
SilverSneakers  
Classic  
with Dana [Gym]

12pm  
Y Firm  
with Melissa

1:00pm  
Senior Sampler  
with Lori  
(Begins August 11th)

5:30pm  
Cardio Mix  
with Kristie

6:30pm  
Core & Strength  
with Darryl [Steelworks]

6:30pm  
PowerFlow Yoga  
with Laura

TUES

8am  
HIIT & Fit  
with Olga

9:30am  
Strength  
Training  
with Christa

10am  
SilverSneakers  
Classic  
with Lori [Gym]

11am  
HIGHLow Fitness  
with Elizabeth

12pm  
Chair Yoga  
with Lori  
(Begins August 12th)

6pm  
HIIT &  
Conditioning  
with Christa

7pm  
Yoga  
with Kristie

WED

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

4:30pm  
General Equipment  
Orientation  
All members  
welcome to attend

5:30pm  
Strength Training  
with Kim

6:30pm  
Core & Endurance  
with Darryl [Steelworks]

THUR

8am  
HIIT & Fit  
with Olga

9am  
Zumba  
with Siu [Gym]

9:30am  
Strength  
Training  
with Christa

10am  
Zumba Gold  
with Siu [Gym]

11am  
HIGHLow Fitness  
with Elizabeth

6pm  
HIIT &  
Conditioning  
with Christa

7pm  
Yoga  
with Kristie

FRI

8:15am  
Express Cycle  
with Guy

9:00am-9:30am  
HIIT CORE  
with Jasmine [Gym]

9:30am  
Sprint 8  
with Jasmine

10am  
Gentle Yoga  
with Laura

10am  
Kids Flex  
with Jordan  
(Elementary school age) [Gym]

11am  
Chair Yoga  
with Julie Kim

12pm  
Y Firm  
with Melissa

1:00pm  
Senior Sampler  
with Lori

SAT

8am  
Cycle  
with Guy

9:30am  
Strength  
Training  
with Kim

10:45am  
Zumba  
with Siu

SUN

NO GROUP  
EXERCISE CLASSES

VIEW CLASS  
DESCRIPTIONS



### Pool GroupEx

Mondays - Water Fitness @ 6pm with Monika [Main Pool]

Tues/Thurs - Water Fitness @ 8am & 9am with Bobbi [Main Pool]

Wednesdays - Aqua Tone @ 11am with Monika [Therapy Pool]  
Aqua Zumba @ 6pm with Janessa [Therapy Pool]

Fridays - Water Fitness @ 8am with Monika [Main Pool]