

GROUP EXERCISE

MARCH 2025



MON	TUES	WED	THUR	FRI	SAT	SUN
<p>5:15am Cycle with Jose</p> <p>8:30am Zumba with Jacque</p> <p>9am SilverSneakers Classic with Cheri [Gym]</p> <p>9:30am Sprint 8 with Amy</p> <p>10am Spin with Amy</p> <p>10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]</p> <p>12pm Y Firm with Melissa</p> <p>5:30pm Cardio Mix with Kristie</p> <p>6:30pm Zumba with Sarah</p> <p>6:30pm Core & Strength with Darryl [Steelworks]</p>	<p>8am HIIT & Fit with Olga</p> <p>9:30am Strength Training with Christa</p> <p>10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]</p> <p>11am HIGHLow Fitness with Elizabeth</p> <p>12pm SilverSneakers Chair Yoga with Cheri [In-Person & Zoom]</p> <p>6pm Tabata HIIT Conditioning with Vicki</p> <p>7pm Yoga with Kristie</p>	<p>8:30am Strength/Cardio with Jasmine</p> <p>9:30am Sprint 8 with Jasmine</p> <p>10am Spin with Amy</p> <p>10am Silver Soul with Jasmine [Gym]</p> <p>11am Balance & Motion with Julie Kim</p> <p>12pm Y Firm with Melissa</p> <p>4:30pm General Equipment Orientation All members welcome to attend</p> <p>5:30pm Strength Training with Vicki</p> <p>6:30pm Core & Endurance with Darryl [Steelworks]</p>	<p>8am HIIT & Fit with Olga</p> <p>9am Zumba with Siu [Gym]</p> <p>9:30am Strength Training with Christa</p> <p>10am Zumba Gold with Siu [Gym]</p> <p>11am HIGHLow Fitness with Elizabeth</p> <p>6pm Tabata HIIT Conditioning with Vicki</p> <p>7pm Yoga with Kristie</p>	<p>8:30am Zumba with Jacque</p> <p>9:30am Sprint 8 with Jasmine</p> <p>10am Gentle Yoga with Laura</p> <p>10am Kids Flex with Jordan (Elementary school age) [Gym]</p> <p>11am Chair Yoga with Julie Kim</p> <p>12pm Y Firm with Melissa</p>	<p>8am Cycle with Guy</p> <p>9:30am Strength Training with Vicki</p> <p>10:45am Zumba with Siu</p>	<p>NO GROUP EXERCISE CLASSES</p>

Boot Camp (Tues/Thurs)
 Eight (8) week boot camp runs through March 13. Occurs Tues/Thurs 6pm-7pm in Steelworks. Registration closed. More 2025 session dates TBA.

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 Janique [Therapy Pool]
 PowerSwim @ 6pm with Josh [Lap Lanes]
 Aqua Zumba @ 6pm with Janessa [Therapy Pool]

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

Please note: Schedule is subject to change. All classes occur in our GroupEx Studio unless otherwise noted.