

GROUP EXERCISE

A P R I L 2 0 2 5



MON

5:15am
Cycle
with Jose

8:30am
Zumba
with Jacque

9am
SilverSneakers
Classic
with Cheri [Gym]

9:30am
Sprint 8
with Amy

10am
Spin
with Amy

10am
SilverSneakers
Classic
with Cheri [Gym]
[In-Person & Zoom]

12pm
Y Firm
with Melissa

5:30pm
Cardio Mix
with Kristie

6:30pm
Zumba
with Sarah

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

TUES

8am
HIIT & Fit
with Olga

9:30am
Strength
Training
with Christa

10am
SilverSneakers
Classic
with Cheri [Gym]
[In-Person & Zoom]

11am
HIGHLow Fitness
with Elizabeth

12pm
SilverSneakers
Chair Yoga
with Cheri
[In-Person & Zoom]

6pm
Tabata HIIT
Conditioning
with Vicki

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

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

5:30pm
Strength Training
with Vicki

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
Tabata HIIT
Conditioning
with Vicki

7pm
Yoga
with Kristie

FRI

8:30am
Express Cycle
with Guy

9:00am
HIIT CORE
with Jasmine

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

SAT

8am
Cycle
with Guy

9:30am
Strength
Training
with Vicki

10:45am
Zumba
with Siu

SUN

NO GROUP
EXERCISE CLASSES

Boot Camp (Mon/Wed)

Four (4) week boot camp runs through April 30.
Occurs Mon/Wed 7pm-8pm in Steelworks.
Registration closes April 7. 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.