

GROUP EXERCISE

AUGUST 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 Dana [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

6:30am
Yoga
with Janelle [Turf]
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

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]