



GROUP EXERCISE SCHEDULE

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



DEC
2024

Pool GroupEx

- Mon/Wed - Water Fitness @ 6pm
with Monika [Main Pool]
- Tue/Th - 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.