

# GROUP EXERCISE

J A N U A R Y 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  
Zumba  
with Angela

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

9am  
Zumba  
with Sarah [Gym]

9:30am  
Strength  
Training  
with Christa

10am  
Zumba Gold  
with Kim [Gym]

11am  
HIGHLow Fitness  
with Elizabeth

6pm  
Tabata HIIT  
Conditioning  
with Vicki

7pm  
Yoga  
with Kristie

## FRI

8:30am  
Zumba  
with Jacque

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 Kim

## SUN

NO GROUP  
EXERCISE CLASSES

### Boot Camp (Tues/Thurs)

Eight (8) week boot camp begins January 21st!  
Member exclusive program. \$25 registration  
required. Ages 18+. Sign up at the front desk!

### 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.