



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 Siu [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 Siu [Gym]	10am Gentle Yoga with Laura	10:45am Zumba with Siu	
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 HIGHLow Fitness with Elizabeth	11am Chair Yoga with Julie Kim		
12pm Y Firm with Melissa		12pm Y Firm with Melissa	12pm POWERFlow Yoga with Monika	12pm Y Firm with Melissa		
6pm Cardio Mix with Kristie	6pm Tabata HIIT Conditioning with Vicki	5:30pm Zumba with Siu	6pm Tabata HIIT Conditioning with Vicki			
6:30pm Core, Strength & Endurance with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Core, Strength & Endurance with Darryl [Steelworks]	7pm Yoga with Kristie			



OCT 2024

Pool GroupEx

- Mon/Wed - Water Fitness @ 6pm
with Monika [Main Pool]
- Tue/Th - Water Fitness @ 8:30am & 9:30am
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 @ 8:30am
with Janique [Main Pool]

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