





Group Fitness Studio 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Strength Circuit 5:30am Chris ▲		Strength Circuit 5:30am Chris ▲			
Core Balance 9:00am Zachary ●	 Reserved 8:00-10:45am CHOMP	Healthy Back 9:00am Pamela ●		Breathe & Stretch 9:00am Shannon ●		
Senior Men's Strength Circuit 10:00am Chris ▲	Full Body Mobility 11:00am Josh ▲		Full Body Mobility 11:00am Josh ▲			
 Reserved 12:00-3:30pm CHOMP			 Reserved 12:00-3:30pm CHOMP	 Reserved 11:00-4:00pm CHOMP		
	Full Body Mobility 4:30pm Josh ▲	Core Circuit 4:30pm Jay ▲	Full Body Mobility 4:30pm Josh ▲			
Body Weight Bootcamp 5:30pm Jay ▲	Core Strength 5:30pm Cody ▲	Body Weight Bootcamp 5:30pm Jay ▲				Fee Based Class
	Roll & Recovery 6:30pm Cody ●		Core Circuit 6:30pm Jay ▲			New Class

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

- Monday- Thursday 5:30am - 9:00pm
- Friday 5:30am - 8:00pm
- Saturday 7:00am - 6:00pm
- Sunday 8:00am - 4:00pm



Group Fitness Studio 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Healthy Back 10:00am Pamela ●		
		Core Balance 11:00pm Jeff ●		Core Balance 11:00am Cody ●		
	Senior Bootcamp 12:00pm Chris ▲		Senior Bootcamp 12:00pm Jeff ▲			
Senior Speed Circuit 2:00pm Avery ▲		Senior Speed Circuit 2:00pm Jeff ▲				
Senior Stretch 2:45pm Avery ●						
	Yoga (Flow) 5:30pm Meg ▲		Yoga (Flow) 5:30pm Meg ▲			Fee Based Class
	POP Pilates 6:30pm Leah ▲					New Class

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Saturday 7:00am - 6:00pm
 Sunday 8:00am - 4:00pm