

Group Fitness Class Schedule: 4/07/25 -4/30/25

- (S)- Upstairs Studio
- (P)- Pool
- (G)- Basketball Gym
- (Sp)- Spinning Studio
- (Rc)- Racquetball Court



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours:

M-F: 6AM-9PM

Sat: 7AM-6PM

Sun: 8AM-6PM

*Reservations must be made for water fitness classes 48hrs prior

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-7:45AM Abs & Tone (S) (Don)	7:00-7:45AM Spin With Don (SP) (Don)		7:00-7:45AM Spin With Don (SP) (Don)	7:00-7:45AM Abs & Tone (S) (Don)		
		7:00-7:45AM Core Body Camp (S) (Offutt)		7:00-7:45AM Core Body Camp (S) (Offutt)		8:00-8:45AM Spin With Don (SP) (Don)	8:15-9:00AM Yoga (S)
	9:00-9:45AM Silver Splash (P) (Angela)	9:00- 9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Aqua Zumba (P) (Angela)	9:00-9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Silver Splash (P) (Angela)	9:00-9:45AM Aqua Flex (P) (Tracy)	9:00-10:00AM Spin With Don (SP) (Don)
	10:00-10:45AM Zumba Gold (S) (Angela)	9:00 - 9:45AM Y-Fit (S) (Colleen)	10:00-10:45AM Silver Sneakers (G) (Angela)	10:00-10:45AM Water Funk (P) (Offutt)	10:00-10:45AM Zumba Gold (S) (Angela)		
		10:00-10:45AM Water Funk (P) (Offutt)	11:00-11:45AM Zumba Toning (S) (Angela)		11:00-11:45AM Super 7 Stretch (S) (Angela)		
	12:00- 12:45PM Tai-Chi (S) (Angela)	10:00 - 11:00AM Women on Weights Cardio Room/Weight Room (Colleen) (PP)	12:00- 12:45PM Tai-Chi (S) (Angela)		12:00-12:45PM Better Balance (S) (Angela)		
	12:30 - 1:30PM Beginner Fitness (Colleen) Cardio Room/Weight Room (PP)	1:00 - 2:00PM Beginner Fitness (Colleen) Cardio Room/Weight Room (PP)					
	2:00 - 3:00PM Women on Weights Cardio Room/Weight Room (Colleen) (PP)	4:00 - 4:45PM Learn to Lift Weight Room/ Cardio Room (Colleen)(PP)	6:00-6:45PM Strength and Mobility Through Movement (S) (Kila)	6:00-6:45PM Deep Water Cond. (P) (Offutt)	6:00-6:45PM Piloxing Fusion (S) (Kila)		
	4:00 - 4:45PM Learn to Lift Weight Room/ Cardio Room (Colleen)(PP)						
		5:45-6:45PM Abs & Tone (S) (Don)		7:00-7:45PM Yoga (S)			
	6:00-6:45PM. Cardio Kickboxing (S) (Kila)	6:00-6:45PM Deep Water Cond. (P) (Offutt)					