

GROUP FITNESS CLASSES

Effective: May 13-June 13, 2026

Updated: May 15, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00am Classic Cardio	9:15-10:00am Total Body Toning	9:15-10:00am Body Balance	9:15-10:00am Step & Pump <i>*No class May 14. Ends May 21.</i>	9:00-10:00am Yoga	9:00-10:00am Step & Pump Hybrid Class
5:15-6:00pm Interval Step Hybrid Class	12:10-12:55pm Functional Fitness Hybrid Class	12:10-12:55pm Yoga Hybrid Class	12:10-12:55pm Core & More Hybrid Class		10:15-11:15am Kick & Tone
	5:15-6:00pm Power & Stability Hybrid Class Ends May 19.	5:15-5:45pm Step Hybrid Class	5:15-6:00pm Boot Camp	In-person and Hybrid class options available. Hybrid Classes are offered in-person and virtually, at the same time.	
		5:45-6:15pm Core & Stretch Hybrid Class			

For up-to-date class schedules, instructor information, descriptions and to book your class, please scan the QR code or visit our website.

