


Class Schedules


November 2021



 Group Exercise Studio	 Yoga/Wellness Studio
	Monday
	5:30-6:30am <i>Les Mills BodyFlow</i> 8:30-9:30am <i>Core Fusion w/Jay</i> 11:45-1:00pm <i>Gentle Yoga</i>
	Tuesday
	8:30-9:30am <i>Les Mills BodyFlow</i> 5:45-6:45pm <i>Les Mills BodyFlow</i>
	Wednesday
	11:45-1:00pm <i>Gentle Yoga</i>
Monday 8:30am-9:30am ZUMBA 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50pm <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> 4:45-5:45pm <i>Les Mills BodyCombat</i> 5:50-6:50pm <i>Les Mills BodyPump</i> Tuesday 5:30-6:30am <i>Les Mills BodyPump</i> 8:30-9:30am <i>Les Mills BodyStep</i> 9:40-10:40am <i>Total Body Sculpt - CANCELLED NOV 9,16,23,30</i> 10:50-11:50am (Silver Sneakers) <i>Muscular Strength</i> 4:45-5:45pm <i>Les Mills BodyPump</i> 5:50-6:50pm <i>Karate**</i> Wednesday 6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am <i>Cardio Core Bootcamp</i> 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50am <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> 4:45-5:45pm <i>Les Mills BodyCombat</i> 5:50-6:50pm <i>Les Mills BodyPump</i> Thursday 5:30-6:30am <i>Les Mills BodyPump</i> 9:40-10:35am <i>Zumba</i> 10:50-11:50am (Silver Sneakers) <i>Muscular Strength</i> 4:45-5:45pm <i>Les Mills BodyPump</i> 5:50-6:50pm <i>Karate**</i> Friday 6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am <i>Mat Pilates</i> 10:50-11:50am <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> Saturday 8:00-8:30am <i>Les Mills Grit Cardio/Plyo</i> 8:35-9:35am <i>Les Mills BodyPump</i> 9:40-10:40am <i>Les Mills BodyStep</i> Sunday 8:30-9:30am <i>Les Mills BodyPump</i> 9:40-10:40am <i>Les Mills BodyStep</i>	Monday 5:30-6:30am <i>Les Mills BodyFlow</i> 8:30-9:30am <i>Core Fusion w/Jay</i> 11:45-1:00pm <i>Gentle Yoga</i> Tuesday 8:30-9:30am <i>Les Mills BodyFlow</i> 5:45-6:45pm <i>Les Mills BodyFlow</i> Wednesday 11:45-1:00pm <i>Gentle Yoga</i> Thursday 5:45-6:45pm <i>Vinyasa Yoga</i> Friday 5:30-6:30am <i>Les Mills BodyFlow</i> 8:30-9:30am <i>Mat Pilates (located in group exercise room)</i> 11:45-1:00pm <i>Gentle Yoga</i> Saturday 9:35-10:35am <i>Vinyasa Yoga</i> Sunday
	Spinning Studio
	Monday
	5:30-6:15am <i>Les Mills RPM</i> 5:45-6:30pm <i>Spinning</i>
	Tuesday
	12:00-1:00pm <i>Spinning</i>
	Wednesday
	5:30-6:00am <i>Les Mills Sprint</i> 5:45-6:30pm <i>Spinning</i>
	Thursday
	5:30-6:15am <i>Free-Style Spin - Cancelled for November</i> 12:00-1:00pm <i>Spinning</i>
	Friday
	5:30-6:00am <i>Les Mills RPM</i>
	Saturday
	Sunday

**Karate is Free for Members. Karate can NOT be used with a punchcard. \$7.50 guest pass must be purchased

 WATER AEROBICS	Tuesday
	6-7am <i>Aqua Power</i>
	Wednesday
	9-10am <i>Joint Effort</i>
	Thursday
	6-7am <i>Joint Effort</i>
	Friday
	9-10am <i>Aqua Power</i>
	Saturday
	8-9am <i>Aqua Power</i>

 Personal Training Groups EXTRA CHARGE FOR HIIT- LOCATED IN FITNESS AREA	Monday
	5:30am <i>HIIT (High Intensity Interval Training)</i> 9:45am <i>HIIT (High Intensity Interval Training)</i>
	Tuesday
	6:30am <i>HIIT (High Intensity Interval Training)</i> 12pm <i>Bootcamp</i>
	Wednesday
	5:30am <i>HIIT (High Intensity Interval Training)</i> 9:45am <i>HIIT (High Intensity Interval Training)</i>
	Thursday
	6:30am <i>HIIT (High Intensity Interval Training)</i> 12pm <i>Bootcamp</i>
	Friday
	5:30am <i>HIIT (High Intensity Interval Training)</i>
	Sunday
	9:45am <i>HIIT (High Intensity Interval Training)</i>