November 2026

Group Fitness Schedule

Sunday	Class	Instructor	Location
8:15 AM	Les Mills: Body Attack	Erin	ST2
9:15 AM	Muscle Pump	Joe	ST3
10:00 AM	All levels Yoga	Amy	ST2
10:15 AM	Ab Lab	Joe	ST3
1:00 PM	Restorative/Gentle Yoga	Amy	DS

Monday	Class	Instructor	Location
5:45 AM	Les Mills: Body Pump*	Katie	ST2
6:00 AM	Cycle	Lindsay	ST3
8:00 AM	Cardio	Mindy	ST2
9:00 AM	Low & Toned	Joe	ST2
9:00 AM	Yoga	Amy	DS
10:00 AM	Strong Seniors	Jennifer	ST2
10:00 AM	Barre Fusion	Allyn	DS
6:00 PM	Cycle	Teresa	ST2
7:00 PM	Les Mills: Body Pump	Teresa	ST2

Tuesday	Class	Instructor	Location
5:45 AM	Bootcamp	Kate	ST2
8:00 AM	Cardio	Chris	ST2
9:00 AM	Cardio & Weights	Chris/Sheri	ST2
9:00 AM	Yoga	Jessica F.	DS
9:00 AM	Zumba	Denise	ST3
10:30 AM	Chair Yoga	Barbara	ST2
12:00 PM	Les Mills: Body Pump	Christina	ST2
6:00 PM	All Levels Yoga	Amy	ST2

Wednesday	Class	Instructor	Location
5:45 AM	Les Mills: Body Pump*	Teresa	ST2
8:00 AM	Strength	Mindy	ST2
9:00 AM	Low & Toned	Joe	ST2
10:00 AM	Strong Seniors	Jennifer	ST2
6:00 PM	Bootcamp (30min)	Jarvis	ST2
6:30 PM	Painfree Mobility (30min)	Jarvis	ST2

Thursday	Class	Instructor	Location
5:45 AM	Bootcamp	Kate	ST2
8:30 AM	Core Tone	Jarvis	ST2
9:00 AM	Zumba	Denise	ST3
9:30 AM	Muscle Pump	Joe	ST2
10:00 AM	Barre Fusion	Allyn	DS
10:30 AM	Chair Yoga	Barbara	ST2
5:00 PM	Aqua Zumba	Jessica W.	IP
6:00 PM	Gentle Yoga*	Amy	DS

Friday	Class	Instructor	Location
5:45 AM	Les Mills: Body Attack*	Katie	ST2
6:00 AM	Cycle	Lindsay	ST3
8:00 AM	Step	Mindy	ST2
9:30 AM	Gentle Yoga	Jessica F.	DS
10:00 AM	Strong Seniors	Deborah	ST2

Saturday	Class	Instructor	Location
1:00 PM	Zumba	Susan	ST2

PILATES REFORMER			
Day/Time	Class	Instructor	Location
Mon 8:00 AM	Essential Reformer	Natalie	ST1
Tues 8:00 AM	Sculpt & Core	Natalie	ST1
Tues 5:00 PM	Essential Reformer	Natalie	ST1
Thurs 8:00 AM	Intermediate/Combo	Natalie	ST1
Thurs 5:00 PM	Essential Reformer	Natalie	ST1

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Studio Key	
GYM	Gyms 1&2
DS	Dance Studio
ST1	Studio 1
ST2	Studio 2
ST3	Studio 3
FS	Functional Studio
IP	Indoor Pool

All classes are 55 minutes in length unless noted with an asterisk (*).
Classes noted with an asterisk (*) are 45 minutes in length unless otherwise noted.

Studio classes open to ages 14 and up.

Classes and instructors are subject to change.

$20 per Pilates class (members)

Reservations required for Pilates ONLY.

November 2026 Group Fitness Schedule

CLASS DESCRIPTIONS

CARDIO

AQUA ZUMBA®

AQUA ZUMBA® blends the Zumba® philosophy with water resistance, for one pool party you wouldn't want to miss!

BOOTCAMP

A class that mixes traditional callisthenic & body weight exercises with interval & strength training. What a great work out!

CYCLE

Class starts with an easy pedal warm up & focus on proper technique. Be prepared to ride your way through rolling hills, steep climbs & much more! Limited spots available.

LES MILLS: BODY ATTACK

This high energy fitness class combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats.

LOW & TONED

Get up & go with an aerobics class just for you – safe & heart-healthy. The workout includes easy-to-follow low-impact movement designed to energize your active lifestyle.

HIIT CIRCUIT

A fast-paced, all-levels cardio and strength workout using timed intervals to build endurance, burn calories, and improve overall fitness.

STEP

We are serious about putting power in your step, your body, and empowering you to live life to the max. Approach this class eager to discover new ways to tap into your full potential using the step as a tool.

ZUMBA

Enjoy your favorite Zumba dance moves while incorporating light strength training for a total body workout!

DANCE CARDIO

High energy workout that has easy to follow dance moves that burns calories and boost energy.

STRENGTH

AQUA TONE

A fun, low-impact water cardio workout that builds strength and boosts endurance using the resistance of the water. Easy on the joints and great for all fitness levels.

CARDIO & WEIGHTS/ STRENGTH

Work on cardio and core strength while sculpting your physique with this total body workout. A full body workout that uses a variety of equipment to create a dynamic experience.

AB LAB/ CORE VALUES* (*45 MIN)

Want a complete core workout that will leave your abs sore and your body shaking? The main focus will be all core. We will strengthen the abdominals, stamina, and your lower back with a jam packed hour session of core work.

CORE TONE

Scuplting class that focuses on stregthening the core and building balance. Participants will also spend time focusing on deep stretching and breaths.

LES MILLS: BODYPUMP

Body Pump is a choreographed weights class brought to you by Les Mills. Using light to moderate weight with lots of repetitions, and gives you a total body workout to really burns calories.

MUSCLE PUMP

Have fun & move to the music through a variety of exercises designed to increase muscular strength & range of motion. Various equipment, even a chair, is used for seated &/or standing support.

STRENGTH

This high energy, multi-level class with stations to tone & sculpt the entire body. This muscle conditioning class can be as intense as you make it! Using a variety of equipment and movement.

STRONG SENIORS

A total body workout for older adults of all fitness levels with some exercises utilizing a chair. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength & cardiovascular endurance.

BARRE FUSION/BARRE

Barre inspired class that focuses on muscular strength and endurance, flexibility and posture. Low impact and uses a variety of tools and options.

REFORMER: INTERMEDIATE/COMBO

Perform exercises on the reformer as well as learn to use a second piece of equipment.

REFORMER: SCULPT AND CORE

Balancing on balls, stretching bands, squeezing circles, and lifting weights.

REFORMER: ESSENTIALS

Teaches the 5 principals of Pilates essential for Reformer classes.

YOGA/STRETCHING

GENTLE YOGA

This gentle sequence of chest-openers and hip-openers is perfect for anytime you need a little revitalization.

RESTORATIVE YOGA

Restorative Yoga uses a variety of props to support and help the mind and body relax.

STRETCH

A class that improves flexibility, increases balance, & strengthens the core muscle groups. A MUST for everyone!

WU TAI CHI AND CHI KUNG

Ancient Chinese arts that promote health and balance through slow movements and exercises. Certified instructor.

YOGA/ CHAIR YOGA

Great for all levels of fitness! A yoga session that will focus on flexibility. Chair Yoga will focus on the same aspects just in a chair!

PAIN-FREE MOBILITY

Improve flexibility, mobility, and movement with guided stretching. Perfect for all fitness levels.