



Arena Club

Group Fitness and Aquatic Schedule

Effective:
September 12, 2011
Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Cycle RT ①	5:45am ① BODYPUMP Xpress	5:30am Cycle RT ①	5:30am Cycle RT ①			
8:45am 3 BODYVIVE Xpress	8:00am MP Martial Waters	8:45am 3 Moderate Moves	8:00am MP Deep Water Athletes	8:45am 3 Zumba Basics	8:00am MP Aqua Combo or Aqua Zumba	8:00am MP Aqua Bootcamp
9:00am TP Walking Waters	9:00am TP Walk & Sculpt	9:00am TP Walking Waters	9:00am TP Walk & Sculpt	9:00am TP Walking Waters	8:00am 1 Extreme Step	8:45am 1 Basic Step+
9:15am 1 BODYCOMBAT	9:15am 1 BODYPUMP ①	9:15am 1 Kickbutt Boxing	9:15am 1 S.M.A.C.K.Down	9:15am 1 Extreme Step	8:30am ① Cycle 60	9:00am ① Cycle RT
9:15am ① Cycle XT	9:15am 2 Butts N' Guts & Beyond	9:15am 2 Step I.T.	9:15am 2 Basic Step	9:15am 9/12-11/4 All Terrain XT	9:00am 1 BODYPUMP ①	9:45am 1 BODYPUMP ①
9:15am 2 R.E.V.	9:15am ① Cycle RT	9:15am ① Cycle RT	9:30am \$ 3 HOT Yoga	9:15am ① Cycle RT	9:00am 2 BODYVIVE	10:00am 3 Yoga Flex
9:45am MP Aqua Combo	9:30am \$ 3 HOT Yoga	9:45am MP Aqua Step & Sculpt	9:15am ① Cycle 60	9:45am MP Splash A.C.T.	9:30am \$ 3 HOT Yoga	
10:15am 2 CXWORX	10:30am 1 BODYJAM	10:30am 2 Strong & Lean	10:30am 1 CXWORX	10:15am 1 BODYPUMP ①	10:15am 1 BODYJAM	
10:30am 3 Yoga Flex	10:30am 2 Pilates Mat	10:30am 3 Yoga Flex	10:30am 2 BODYVIVE	10:30am 3 Yoga Flex	10:15am 2 Pilates Mat	
10:30am 1 ZUMBA		10:30am 1 ZUMBA				
1:00pm 1 BODYPUMP ①		1:00pm 1 Cardio45+	1:00pm 1 BODYPUMP ①			4:00pm \$ 3 HOT Yoga
4:45pm 1 Cardio45+	4:45pm 1 R.E.V.45	4:45pm 1 BODYPUMP ①	4:45pm 1 Butts N' Guts & Beyond	4:45pm 1 BODYPUMP ①		
6:00pm 1 S.M.A.C.K.Down	5:30pm 1 CXWORX	6:00pm 2 BODYVIVE	6:00pm 1 R.E.V.	6:00pm 1 ZUMBA		
6:00pm 2 Step I.T.	6:00pm 1 ZUMBA	6:00pm 1 BODYCOMBAT	6:00pm 2 Extreme Step	6:00pm \$ 3 HOT Yoga		
6:15pm ① Cycle RT	6:00pm 2 Basic Step+	6:15pm ① Cycle 60	7:00pm 1 BODYPUMP ①		KEY 1 = Group Fitness Studio 1 2 = Group Fitness Studio 2 3 = Group Fitness Studio 3 ① = Cycling Studio \$ = Paid Program ① = Online Reservation Necessary TP = Therapy Pool RP = Rec Pool MP = Main Pool	
7:00pm 1 ZUMBA	6:00pm 3 Yoga Flex	7:00pm \$ 3 HOT Yoga	7:00pm 2 CXWORX			
7:00pm \$ 3 HOT Yoga	6:30pm ① Cycle RT	7:00pm 1 BODYJAM	7:00pm 3 Yoga Flex			
7:15pm 2 Pilates Mat	7:00pm 1 BODYPUMP ①	7:15pm 2 Pilates Mat	7:30pm TP Walking Waters			
7:30pm TP Walking Waters						

Group Fitness & Aquatic Guidelines

- * Participants can reserve ① class space online 24 hours in advance. See instructor for details.
- * Please arrive to all classes on time. For safety reasons, participants should not enter class after the 10-minute warmup.
- * All infants and children must be supervised in childcare or children's programs during class time.
- * Children must be 12 y.o. to attend Group Fitness classes. Must be 15 to attend Cycle and BodyPump and children 12-15 y.o. must be accompanied by a parent or guardian to attend BodyJam.
- * Members may utilize studios outside of supervised classes with lights on. NO STUDIO EQUIPMENT MAY BE USED.