FALL 2026
GROUP FITNESS SCHEDULE

EFFECTIVE NOVEMBER 2ND CLASS REGISTRATION IS REQUIRED

- Studio 1
- Studio 2
- Studio 3
- Cycling
- Pools
- Sport Court
- Evening Classes
- New Class or Change

STARTS NOV 2ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30-6:15am	Strength Development 5:30-6:15am	Cycle 5:30-6:15am	Strong & Lean 5:30-6:15am	Gentle Moves 8:00-8:45am	BODYATTACK™ 8:30-9:15am	Yoga Flex 9:00-10:00am
Aqua Box 8:00-8:45am	Athletic Aqua 8:00-8:45am	Aqua Zumba 8:00-8:45am	Athletic Aqua 8:00-8:45am	BODYPUMP 45™ 8:45-9:30am	Cycle 8:30-9:15am	Cycle 9:00-9:45 am
Gentle Moves 8:00-8:45am	Gentle Yoga 8:00-8:45am	Pilates Mat 8:40-9:25am	Strong & Lean 8:30-9:15am	Aqua Yoga 9:00-9:45am	Barre Burn 8:30-9:15am	BODYCOMBAT™ 45 9:00-9:45am
Aqua Sculpt & Tone 9:00-9:45am	Aqua Yoga 9:00-9:45am	Aqua Sculpt & Tone 9:00-9:45am	Gentle Yoga 9:15-10:00am	YogaFlex 9:00-10:00am	AquaZumba 9:00-9:45am	Strength Development 10:00-10:45am
BODYCOMBAT™ 45 9:15-10:00am	BODYPUMP™ 9:00-10:00am	Cardio Circ-IT 9:15-10:00am	BODYSTEP™ 9:30-10:15am	Tabata 9:15-10:00am	Zumba 9:15-10:15am	Vinyasa Yoga 4:30-5:30pm
Hot Barre 9:30-10:15am	Interval Burn 9:15-10:00am	Tai Chi 9:30-10:30am	Cycle 9:30-10:15am	Step IT 10:00-10:45am	BODYPUMP™ 9:30-10:30am	
Strong & Lean Plus 9:30 - 10:15am	Cardio Barre 9:30-10:15am	Strength Development 9:30-10:15am	BODYBALANCE™ 10:30-11:30am	Pilates Mat 10:15-11:00am	BODYBALANCE 9:30-10:30am	
Zumba 10:30-11:30am	Cycle 10:15-11:00am	Les Mills CORE™ 10:15-11:00am	BODYPUMP™ 5:30-6:30pm	Rotating Class 5:30-6:15 pm	HIIT the Turf 9:30-10:15am	
Strength Development 5:30-6:15pm	Cardio Drum & Dance 10:15-11:00am	Line Dancing 10:30-11:30am	Interval Burn 6:00-6:45pm			
Line Dance & MixxedFit Mashup 6:00-7:00pm	Reset & Recover 10:30-11:15am	Strength Development 4:30-5:15pm	Aqua Sculpt & Tone 6:00-6:45pm			
Cycle 6:00-6:45pm	R.E.V. 5:00-5:45pm	Core & More 5:30-6:00pm	Yin Yoga 6:30-7:30pm			
Hot Yoga 6:30-7:30pm	Cardio Drum & Dance 6:15-7:00pm	Hot Barre 6:00-6:45pm				
	BODYPUMP™ 6:00-7:00pm	Zumba 6:30-7:30pm				
	Aqua Sculpt & Tone 6:00-6:45pm					
	BODYBALANCE™ 6:30-7:30pm					

Friday 5:30 pm Rotating Class Schedule

11/6 Power Pilates
11/13 BODYPUMP 45
11/20 Pop-It Dance & Tone

Try something new!

Whether you're looking to build strength, boost endurance, or stay motivated, our expert coaches will guide you every step of the way in a fun, supportive environment.

Scan Below for our Small Group Training Options!

the Arena club

*Class Schedules are Subject to Change.

GROUP FITNESS CLASS DESCRIPTIONS

BODYATTACK™ (Les Mills) - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio
A high-energy cardio workout with athletic movements designed to improve endurance, strength, and coordination

BODYCOMBAT™ (Les Mills) *45 Minutes*
🟡 Moderate Impact ❤️ Cardio
A martial arts-inspired workout featuring punches, kicks, and conditioning exercises for a full-body cardio burn.

BODYPUMP™ (Les Mills) - *60 Minutes*
💪 Strength
A barbell-based strength workout using light to moderate weights and high repetitions to build muscle and endurance.

BODYSTEP™ (Les Mills) - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio 💪 Strength
A step-based cardio workout combining athletic movements like lunges, squats, and bursts of cardio for a full-body workout.

Cardio Circ-IT - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio 💪 Strength
A circuit-style cardio class using intervals and a variety of equipment to improve strength, endurance, and overall fitness.

Cardio Drum & Dance *45 Minutes*
🟢 Low Impact ❤️ Cardio
A fun, high-energy workout using drumsticks, music,& movement to combine cardio, dance, and strength.

CORE (Les Mills) - *45 Minutes*
🟢 Low Impact 💪 Strength
A core-focused workout designed to improve strength, stability, and endurance using a mix of equipment and bodyweight exercises.

Core & More - *30 Minutes*
🟢 Low Impact 💪 Strength
A functional core workout targeting all muscle groups to build strength, stability, and balance.

Cycle - *45 Minutes*
❤️ Cardio
An indoor cycling workout featuring hills, sprints, and endurance training to improve cardiovascular fitness.

Cycle: PowerZone - *45 Minutes*
❤️ Cardio
A performance-based cycling class using heart rate or power zones to personalize intensity and maximize results.

Gentle Moves ♿ - *45 Minutes*
🟢 Low Impact 💪 Strength
A low-impact class focused on improving strength, flexibility, and mobility. Chair options available. (Wheelchair friendly)

HIIT the Turf - *45 Minutes*
❤️ Cardio 💪 Strength
A high-intensity interval workout using equipment like sleds, med balls, battle ropes, and kettlebells to build strength and conditioning.

Interval Burn - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio 💪 Strength
A combination of strength and cardio intervals designed to increase intensity and challenge the whole body.

Line Dancing - *60 Minutes*
🟢 Low Impact ❤️ Cardio
A fun, easy-to-follow dance class set to a variety of music styles.

Mixxed Fit - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio
A dance-based fitness class combining simple choreography with bodyweight exercises for a full-body workout.

REV - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio 💪 Strength
A mix of cardio and strength training designed to improve endurance, build strength, and keep workouts varied.

Step I.T. - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio 💪 Strength
A step interval class combining step choreography with strength training for a balanced workout.

Strength Development (Les Mills) - *45 Min*
💪 Strength
A progressive strength training class focused on building proper technique and increasing strength over time using higher weights, lower reps and a variety of strength training protocols.

Strong and Lean - *45 Minutes*
💪 Strength
A strength-focused workout designed to build lean muscle with a mix of resistance training and core.

Strong and Lean Plus - *45 Minutes*
🟡 Moderate Impact ❤️ Cardio 💪 Strength
A strength-focused workout designed to build lean muscle with a mix of resistance training and cardio.

Theme Cycle *45 Minutes*
❤️ Cardio
A traditional cycling class with a fun new theme every 3–4 weeks to keep your rides fresh & motivating.

Tabata - *45 Minutes*
❤️ Cardio 💪 Strength
A high-intensity interval workout using short bursts of effort followed by recovery to improve strength, cardio, and core fitness.

Zumba™ *60 Minutes*
🟡 Moderate Impact ❤️ Cardio
A dance fitness class featuring Latin-inspired music and easy-to-follow moves for a fun cardio workout.

MIND & BODY FORMATS

🟢 All Mind & Body formats are low impact!

Barre Burn - *45 Minutes*
🟦 Toning
A barre-based workout combining Pilates, light weights, isometric training, and lots of pulses to strengthen and tone your entire body.

BODYBALANCE™ (Les Mills) - *60 Minutes*
🟦 Toning 🧘 Recovery/ Relaxation
A yoga-based class combining Tai Chi, Pilates, and yoga to improve flexibility, strength, and balance while promoting relaxation.

Cardio Barre - *45 Minutes*
❤️ Cardio 🟦 Toning
A low-impact workout blending traditional barre exercises with cardio intervals to tone and strengthen muscles.

Gentle Yoga ☺ - *45 Minutes*
🧘 Recovery/ Relaxation
A slow-paced yoga class designed for all levels to improve flexibility, mobility, and relaxation in a supportive environment.

Hot Barre - *45 Minutes*
🟦 Toning
A heated barre class combining strength, core work, and small controlled movements to build lean muscle and improve flexibility. Not suitable for those with heart conditions or heat intolerance.

Hot Yoga - *60 Minutes*
🟦 Toning 🧘 Recovery/ Relaxation
A heated yoga class combining flowing poses and breathwork to improve flexibility, strength, and relaxation. Not suitable for those with heart conditions or heat intolerance.

Pilates Mat ☺ - *45 Minutes*
🟦 Toning
A mat-based workout focusing on core strength, posture, flexibility, and balance.

Pool Deck Yog ® - *60 Minutes*
🟦 Toning 🧘 Recovery/ Relaxation
Enjoy the sunshine and blue skies while improving flexibility, balance, posture and overall body awareness through a blend of yoga styles.

Reset & Recover - *45 Minutes*
🧘 Recovery/ Relaxation
A mobility-focused class using stretching and recovery techniques to improve movement and reduce muscle tension.

Vinyasa Yoga - *60 Minutes*
🟦 Toning 🧘 Recovery/ Relaxation
A flowing yoga class linking breath to movement to build strength, flexibility, and balance.

Yin Yoga - *60 Minutes*
🧘 Recovery/ Relaxation
A slow-paced yoga class with long-held poses to target deep connective tissues and promote relaxation.

Yoga Flex ☺ ® - *60 Minutes*
🟦 Toning 🧘 Recovery/ Relaxation
A unique blend of yoga styles designed to improve flexibility, balance, posture, and overall body awareness.

AQUA CLASSES

All aqua formats are joint friendly and no impact!

Athletic Aqua Intervals - *45 Minutes*
❤️ Cardio 💪 Strength
A water-based interval workout combining cardio and strength for a challenging, low-impact workout.

Aqua Box - *45 Minutes*
❤️ Cardio 💪 Strength
A boxing-inspired water workout using punches and kicks to build strength and cardiovascular fitness.

Aqua Sculpt & Tone - *45 Minutes*
❤️ Cardio 💪 Strength 🟦 Toning
A strength and conditioning class using water resistance to improve muscle tone and balance.

Aqua Yoga - *45 Minutes*
🧘 Recovery/ Relaxation
A gentle yoga class in the water focused on flexibility, balance, and relaxation.

Aqua Zumba™ - *45 Minutes*
❤️ Cardio
The "pool party" workout for all ages, this class includes Latin inspired music and easy-to-follow more for a fun cardio workout in the pool