



FALL 2026 GROUP FITNESS SCHEDULE

EFFECTIVE SEPTEMBER 12TH CLASS REGISTRATION IS REQUIRED

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

**STARTS
SEP 12TH**

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™ 8:15-9:00am	★ 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	★ Yoga-Pilates Fusion 10:00-11:00am	
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	BODYPUMP™ 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 10:30-11:15am	
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	Friday 5:30 pm Rotating Class Schedule 9/18 BODYPUMP 45 10/23 Pop-It Dance & Tone 9/25 Mixed Fit Dance 10/30 Strong & Lean 10/2 Strong & Lean 11/6 Power Pilates 10/9 Power Pilates 11/13 BODYPUMP 45 10/16 BODYPUMP 45 11/20 Pop-It Dance & Tone		
Line Dance & MixedFit 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	<i>Try something new!</i> 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!  *Class Schedules are Subject to Change.		
Hot Yoga 6:30-7:30pm	★ BODYBALANCE™ 6:00-7:00pm	BODYCOMBAT™ 45 5:30-6:15pm				
	BODYPUMP™ 6:00-7:00pm	Hot Barre 6:00-6:45pm				
	Aqua Sculpt & Tone 6:00-6:45pm	Theme Ride Cycling 6:30-7:15 pm				
	★ Cardio Drum & Dance 6:30-7:15pm	Zumba 6:30-7:30pm				



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.

Mixed 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.

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

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.