

Group Exercise Schedule

Updated: 06/28/2021

Yoga Room

Outdoor Pool

Group Exercise Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Express Bootcamp Denise	8:15 AM Strength Intervals Cristy	5:30 AM Express Bootcamp Denise	8:15 AM Strength Intervals Cristy	5:30 AM Express Bootcamp Denise	8:15 AM Bootcamp Cristy	9:15 AM Bootcamp Corynne
7:45 AM Rock of Ages Terry	9:00 AM H2O Training Heather	7:45 AM Rock of Ages Denise	9:00 AM H2O Training Heather	7:45 AM Rock of Ages Terry	9:30 AM Fancy Step Lilia/Julie	
9:00 AM H2O Training Terry	9:30 AM Mat Pilates Georgia	9:00 AM Cardio Core Cristy	9:30 AM Mat Pilates Kimberly	9:00 AM Bootcamp Cristy	11:15 AM Yoga Priscilla	
9:00 AM Bootcamp Cristy	10:45 AM Armed & Dangerous Hollie	9:30 AM Yoga Elena	9:30 AM Cardio Core Corynne	9:00 AM H2O Training Laurie		
9:30 AM Yoga Elena	12:00 PM Bootcamp Corynne	10:30 AM Strength Interval Hollie	11:30 AM Kickboxing Nicole	10:15 AM Fancy Step Lilia		
10:15 AM Fancy Step Lilia	5:15 PM Sporty Step Heather	5:15 PM Cardio Core Lilia	6:15 PM Bootcamp Lilia	4:30 PM Bootcamp Corynne		
5:15 PM Kickboxing Nicole	6:15 PM Bootcamp Lilia	5:30 PM Yoga Erika				
6:15 PM Zumba Patricia		6:15 PM Strength Intervals Hollie				

Alternating
Weekends

* Schedule is subject to change weekly.

Armed and Dangerous: 45-60 min class focusing on upper body exercises.

Bootcamp: 45-60 mins of high intensity total body exercises.

Cardio Core: 45-60 mins of cardio and core intervals

Fancy Step: Intricate step choreography moves set to music with 32 count phrasing.

H2O Training: 45-60 min workout, class is outside from May-Oct and inside from Nov-April.

Kickboxing: 45-60 mins of brief high intensity training with bag intervals.

Mat Pilates: 45-60 min class guided through the pilates mat exercise repertoire.

Rock Of Ages: 45-60 min class targeted to older adults and beginners focusing on strength, balance, and flexibility.

Sporty Step: Simple step choreography moves mixed in with bootcamp type exercises.

Strength Intervals: 45-60 mins class focusing on weighted strength intervals.

Yoga: 60 -75 mins of stress reduction, relaxation techniques, balance, strength and flexibility training.

Zumba: 45-60 mins of Latin inspired dance moves.