



## GROUP FITNESS SCHEDULE Fall I 2022 (Sep 6 - Oct 29)



| Time/Days        | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                         | Saturday          |
|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|-------------------|
| 5:30-6:30 AM     |                               | HIIT With Rose<br>MPR         |                               | HIIT With Rose<br>MPR         |                                |                   |
| 5:45-6:45 AM     | Step Training<br>MPR          |                               | Step Training<br>MPR          |                               |                                |                   |
| 6:30-7:30 AM     |                               | HIIT With Bill<br>Lower Level |                               | HIIT With Bill<br>Lower Level |                                |                   |
| 6:45-7:45 AM     |                               | Strength & Core<br>MPR        |                               | Strength & Core<br>MPR        |                                |                   |
| 7:00-7:45 AM     | Stretch & Balance<br>MPR      |                               | Stretch & Core<br>MPR         |                               | Gentle Stretch (7-7:30)<br>MPR |                   |
| 8:00-8:45 AM     |                               | Stretch<br>MPR                |                               | Stretch<br>MPR                |                                |                   |
| 8:15-9:00 AM     | Aqua Exercise<br>Pool Shallow |                               | Aqua Exercise Shallow<br>Pool |                               | Aqua Exercise Shallow<br>Pool  |                   |
| 9:00-9:45 AM     |                               | Aqua Jogging<br>Pool Deep     |                               | Aqua Jogging<br>Pool Deep     |                                |                   |
| 9:00-10:00 AM    |                               | Fit for Life<br>MPR           |                               | Fit for Life<br>MPR           |                                | Zumba<br>MPR Room |
| 10:00 - 10:45 AM |                               |                               | Deep Water Exercise<br>Pool   |                               | Deep Water Exercise<br>Pool    |                   |
| 10:30 - 11:30 AM |                               | Yoga<br>MPR                   |                               | Yoga<br>MPR                   |                                |                   |
| 10:30 - 11:15 AM | SS Circuit<br>MPR/Virtual     |                               | SS Circuit<br>MPR/Virtual     |                               |                                |                   |
| 4:45-6:00 PM     |                               |                               |                               |                               |                                |                   |
| 5:15-6:00 PM     |                               | Bodywork Shop<br>MPR          |                               |                               |                                |                   |
| 5:30-6:30 PM     | Boot Camp<br>Lower Level      |                               | Boot Camp<br>Lower Level      |                               |                                |                   |
| 5:30-6:15 PM     |                               | Aqua Wet Workout<br>Pool      | Aquarobics<br>Pool            | Aqua Wet Workout<br>Pool      |                                |                   |
| 5:30-6:30 PM     | Yoga<br>MPR                   |                               |                               |                               |                                |                   |
| 6:15-7:45 PM     |                               | Tae Kwon Do<br>Aux Gym        |                               | Tae Kwon Do<br>Aux Gym        |                                |                   |
| 6:30-7:30 PM     |                               | Zumba<br>MPR                  |                               | Zumba<br>MPR                  |                                |                   |
| 6:45-7:45 PM     | Thai Cardio Pads<br>MPR       |                               | Thai Cardio Pads<br>MPR       |                               |                                |                   |

**Group Fitness Classes are Free to Members. Members MUST register for classes.**  
**\*All classes are REQUIRED to have a minimum of 8 participants attending class.**

NOTE: Please be aware that our pool is a multi-use pool with several activities occurring at the same time.