



## GROUP FITNESS SCHEDULE Spring 2024 (April 22-June 15)

<b>MPR</b>
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Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM						
5:45-6:45 AM						
6:45-7:45 AM		Strength & Core		Strength & Core		
8:00-8:45 AM		Stretch	Yoga 8:00-9:00	Stretch	Yoga 8:00-9:00	
9:00-10:00 AM		Fit for Life		Fit for Life		
9:15-10:00 AM	Silver Sneakers		Silver Sneakers			
10:30 - 11:30 AM		Yoga		Yoga		
3:30-4:30 PM			Thai Pads Cardio Kickboxing			
5:15-6:00 PM		Bodywork Shop	<b>HCC Class</b>			
5:30-6:30 PM	Yoga			Thai Pads Cardio Kickboxing		
6:30-7:30 PM		Zumba	Dance Fundamentals	Zumba		
6:45-7:45 PM	Beginners Boxing With Jordan Ketchum					

Group Fitness Classes are Free to Members. Members **MUST** register for classes.



## GROUP FITNESS SCHEDULE Spring 2024 (April 22-June 15)

Other Classes
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Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30 AM		HIIT With Bill Lower Level		HIIT With Bill Lower Level		
7:15-8:00 AM						HIIT with Bill Lower Level
8:15-9:00 AM	Aqua Exercise Pool Shallow		Aqua Exercise Pool Shallow		Aqua Exercise Pool Shallow	
9:00-9:45 AM	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Zumba Lobby Room
5:30-6:30 PM		Begginers Boxing w Jordan Ketchum Boxing Room				
5:30-6:30 PM	Boot Camp Lower Level		Boot Camp Lower Level			
5:30-6:15 PM		Aqua Wet Workout Pool	Aqarobics Pool	Aqua Wet Workout Pool		
6:15-7:45 PM	Tae Kwon Do Aux Gym		Tae Kwon Do Aux Gym			

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