

Group Fitness Classes

Group X Studio

Regular Membership, Temporary Membership, or Aerobic Pass required to attend

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Group Power Multi-Level Class		Group Power Multi-Level Class				
8:30 AM	Group Power Multi-Level Class		ZUMBA Multi-Level Class	ZUMBA Multi-Level Class	Group Power Multi-Level Class		
9:00 AM						Saturday Surprise Multi-Level Class	
9:50 AM	Simply Stretch Multi-Level Class		Simply Stretch Multi-Level Class		Simply Stretch Multi-Level Class		
10:30 AM	ZUMBA Gold Multi-Level Class		ZUMBA Gold Multi-Level Class				
12:05 PM		Group Power Multi-Level Class		Group Power Multi-Level Class			
5:45 PM		ZUMBA Multi-Level Class		ZUMBA Multi-Level Class			
7:00 PM	Group Power Multi-Level Class		Group Power Multi-Level Class				

** Exercise Ball required for class.

Aquatic Fitness

Regular Membership, Temporary Membership, or Aquatic Pass required to attend

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 AM	Aqua Fitness Multi-Level Class		Aqua Fitness Multi-Level Class		Aqua Fitness Multi-Level Class		
12:00 PM	Aqua Fitness Multi-Level Class		Aqua Fitness Multi-Level Class		Aqua Fitness Multi-Level Class		
6:00 PM		Aqua Fitness Multi-Level Class		Aqua Fitness Multi-Level Class			

Cycling

Regular or Temporary Membership required to attend (not included with Aerobic or Aquatic Pass)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Cycling Multi-Level Class		Cycling Multi-Level Class			
9:10 AM		Cycling Multi-Level Class		Cycling Multi-Level Class			
12:05 PM	Cycling Multi-Level Class		Cycling Multi-Level Class		Cycling Multi-Level Class		
6:00 PM	Cycling Multi-Level Class	Cycling Multi-Level Class	Cycling Multi-Level Class	Cycling Multi-Level Class			

Circuit

Regular or Temporary Membership required to attend (not included with Aerobic or Aquatic Pass)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Intermediate Circuit **		Intermediate Circuit **		Intermediate Circuit **		

** Transition / Setup: 30 seconds, Working Level: 2 minutes, Cool Down: 5 minutes

Effective 02/01/2010