

# 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	<b>Group Power</b> Multi-Level Class		<b>Group Power</b> Multi-Level Class				
8:30 AM	<b>Group Power</b> Multi-Level Class		<b>ZUMBA</b> Multi-Level Class	<b>ZUMBA</b> Multi-Level Class	<b>Group Power</b> Multi-Level Class		
9:00 AM							
9:50 AM	<b>Simply Stretch</b> Multi-Level Class		<b>Simply Stretch</b> Multi-Level Class		<b>Simply Stretch</b> Multi-Level Class		
10:30 AM	<b>ZUMBA Gold</b> Multi-Level Class		<b>ZUMBA Gold</b> Multi-Level Class				
12:05 PM		<b>Group Power</b> Multi-Level Class		<b>Group Power</b> Multi-Level Class			
4:30 PM	<b>Group Active</b> Multi-Level Class		<b>Group Active</b> Multi-Level Class				
5:45 PM		<b>ZUMBA</b> Multi-Level Class		<b>ZUMBA</b> Multi-Level Class			
7:00 PM	<b>Group Power</b> Multi-Level Class		<b>Group Power</b> 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	<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class		
12:00 PM	<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class		
6:00 PM		<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> 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		<b>Cycling</b> Multi-Level Class		<b>Cycling</b> Multi-Level Class			
9:10 AM		<b>Cycling</b> Multi-Level Class		<b>Cycling</b> Multi-Level Class			
12:05 PM	<b>Cycling</b> Multi-Level Class		<b>Cycling</b> Multi-Level Class		<b>Cycling</b> Multi-Level Class		
6:00 PM	<b>Cycling</b> Multi-Level Class	<b>Cycling</b> Multi-Level Class	<b>Cycling</b> Multi-Level Class	<b>Cycling</b> 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	<b>Intermediate Circuit **</b>		<b>Intermediate Circuit **</b>		<b>Intermediate Circuit **</b>		

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

*Effective 06/01/2010*

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## Group X Studio

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5:30 AM	<b>Group Power</b> Multi-Level Class		<b>Group Power</b> Multi-Level Class				
8:30 AM	<b>Group Power</b> Multi-Level Class		<b>ZUMBA</b> Multi-Level Class	<b>ZUMBA</b> Multi-Level Class	<b>Group Power</b> Multi-Level Class		
9:00 AM							
9:50 AM	<b>Simply Stretch</b> Multi-Level Class		<b>Simply Stretch</b> Multi-Level Class		<b>Simply Stretch</b> Multi-Level Class		
10:30 AM	<b>ZUMBA Gold</b> Multi-Level Class		<b>ZUMBA Gold</b> Multi-Level Class				
12:05 PM		<b>Group Power</b> Multi-Level Class		<b>Group Power</b> Multi-Level Class			
4:30 PM	<b>Group Active</b> Multi-Level Class		<b>Group Active</b> Multi-Level Class				
5:45 PM		<b>ZUMBA</b> Multi-Level Class		<b>ZUMBA</b> Multi-Level Class			
7:00 PM	<b>Group Power</b> Multi-Level Class		<b>Group Power</b> Multi-Level Class				

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12:00 PM	<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class		
6:00 PM		<b>Aqua Fitness</b> Multi-Level Class		<b>Aqua Fitness</b> Multi-Level Class			

## Cycling

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9:10 AM		<b>Cycling</b> Multi-Level Class		<b>Cycling</b> Multi-Level Class			
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6:00 PM	<b>Cycling</b> Multi-Level Class	<b>Cycling</b> Multi-Level Class	<b>Cycling</b> Multi-Level Class	<b>Cycling</b> Multi-Level Class			

## Circuit

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

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