

Group Fitness Schedule

Effective August 1, 2024

Hours: Monday - Thursday 5:00am - 8:00pm

Friday 5:00am - 6:00pm

Saturday & Sunday 7:00am - 3:00pm

Monday

9:15AM

CHAIR YOGA

Strength, Flexibility,
Balance

Anilda (14 max.)

4:45PM

TOTAL BODY STRENGTH

Shelli (8 max.)

Tuesday

12:00PM



Irina (7 max.)

5:30PM

YOGA SLOW FLOW

Anilda (10 max.)

Wednesday

8:15AM



Irina (7 max.)

9:15AM

FULL BODY BURN

Irina (8 max.)

10:30AM

CHAIR YOGA

Breath, Movement,
Meditation

Anilda (10 max.)

Thursday

4:30PM

TOTAL BODY STRENGTH

Shelli (8 max.)

5:30PM

YOGA

Breath, Movement,
Meditation

Anilda (10 max.)

Friday

9:15AM

YOGA SLOW FLOW

Anilda (10 max.)

10:30AM

CHAIR YOGA

Fitness and Balance

Anilda (14 max.)

- Classes are free with your membership unless otherwise stated.
- Max number of participants are indicated next to class title.
- Classes can vary by week and are first come first exercise.