

GROUP FITNESS

FALL 2026 CALENDAR

Multi-Purpose Room

Pool

Spin Room

Basketball Court

Classroom

GYM HOURS

MON-T HUR

5:30am-9:00pm

Friday

5:30am-8:00pm

Saturday

7:30am-5:00pm

Sunday

1:00pm-6:00pm

Pool Hours

MON-T HUR

6:00am-8:00pm

Friday

6:00am-7:00pm

Saturday

8:00am-4:00pm

Sunday

1:00pm-5:00pm

Blood Drive
Oct 27

	MONDAY		WEDNESDAY		FRIDAY
8:00-9:00	BODY PUMP	8:00-9:00	BODY PUMP	5:45-6:30	CORE & MORE
8:30-9:15	AQUA FIT	8:30-9:15	AQUA FIT	8:30-9:15	AQUA FIT
8:30-9:30	POWER HOUSE	8:30-9:30	POWER HOUSE	8:30-9:30	POWER HOUSE
9:30-10:30	PILATES	9:30-10:30	PILATES	9:30-10:15	WATER BLAST
9:30-10:15	WATER BLAST	9:30-10:15	WATER BLAST	9:30-10:15	RISE N RIDE
9:30-10:15	RISE N RIDE	9:30-10:15	RISE N RIDE	9:45-10:45	FLOW & TONE
10:30-11:15	DEEP WATER	10:00-11:00	FLEXIBLE FITNESS	10:00-11:00	HONEY BEES
10:45-11:30	YIN YOGA	11:15-12:15	QIGONG	10:00-11:00	FLEXIBLE FITNESS
12:00-1:00	ZUMBA	12:00-1:00	ZUMBA	10:30-11:15	DEEP WATER
4:30-5:15	STEP IT UP	4:30-5:30	TRX & SPIN	11:30-12:15	CHAIR YOGA
5:30-6:30	ZUMBA	5:30-6:30	POWER CORE YOGA	12:00-1:00	ZUMBA
5:30-6:15	SPIN	5:30-6:30	POWERHOUSE	1:15-2:15	QIGONG
6:30-7:00	STRETCH AND BREATHE			4:30-5:30	POWERHOUSE

	TUESDAY		THURSDAY		SATURDAY
08:15-9:15	TABATA	5:45-6:30	TABATA	8:30-9:30	WEEKEND WAKE-UP
08:30-9:30	YOGA BASICS	8:15-9:15	TABATA	9:45-10:45	BODY PUMP
09:45-10:30	GREAT BEGINNINGS	8:30-9:30	YOGA BASICS	10:00-11:00	FLEXIBLE FITNESS
9:45-10:45	YOGA	9:45-10:30	GREAT BEGINNINGS	11:15-12:15	QIGONG
10:45-11:30	BONES & BALANCE	9:45-10:45	YOGA		
11:00-11:45	FLUID MOTION	10:45-11:30	BONES & BALANCE		
5:00-5:45	BOOTY BLAST	11:45-12:45	QIGONG		
5:45-6:30	SPLASH	5:00-5:45	BOOTY BLAST		
6:00-7:00	BODY PUMP	5:45-6:30	SPLASH		
		6:00-7:00	BODY PUMP		

Class Description

1. Be 10-15 minutes before class starts because you may need equipment.
2. Class has a limited number of participants! First come first serve.
3. During Yoga classes, the door will be closed once the class starts.

Aqua Fit: 45 min Muscle-conditioning water class alternated with low to moderate aerobic training. GREAT MUSIC, SO MUCH FUN!!!!

BODY PUMP: This amazing 1 hour class is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit.

Bones & Balance: A combination of light weight-bearing endurance, balance, and gentle full-body strengthening exercise appropriate for participants with osteoporosis.

Booty Blast: This 45 min weight training based class uses a combination of barbell, dumbbells, bodyweight exercises and cardio burst designed to tighten and tone your legs, glutes, and abdominals. Get ready for that booty to burn!

Chair Yoga: 1 hour class using a chair to support participants in modified yoga poses, making the practice accessible for people of all ages and abilities

Core: 30 min class to strengthen your "powerhouse" muscles—your abs, back, glutes, and hips—to improve posture, balance, and overall body strength

Core and More: A 45 min high-energy workout that combines heart-pumping cardio exercises with focused core strengthening movements to build overall fitness, burn calories, and improve stability.

Deep water: 45 min Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Water comfort necessary, however, swimming ability is not required.

Fluid Motion: 45 min Water class for special populations such as those with Arthritis, fibromyalgia, and other conditions. Lots of stretching

Flexible Fitness: 1 hour class using variety of standing, sitting, & floor stretching will be presented. All levels are welcome!

Flow and TONE: 45 min whole body workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, this class challenges anyone looking to fine-tune their muscles.

Great Beginnings: Low-level class using bands, weights, chairs, and slow movements to increase strength, cardiovascular fitness, and improve balance. Appropriate for seniors, beginning exercisers and those with chronic conditions.

Honeybees: 1 hour kids class (ages 3 months– 8 years) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc.

Pilates: 1 hour class Promotes mobility and strength of all the major muscle groups in the body, while having a focus on deep core muscles

Power Core Yoga: This will be a 1 hour flow class with focus on upper body and core strength. This one-hour class will provide a full body workout with challenge enough for the advanced practitioner but with modifications offered that will make it accessible to anyone.

Power House: This one hour class features plyometrics, endurance drills, and cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

QiGong: 1 hour class, Qigong works on the internal and external body. It improves posture, muscles, bones, balance and organ function through gentle flowing repetitive movements.

Rise & Ride: GET FIT with this 45-minute class. Burn calories, build muscle, improve endurance and relive stress!

TRX & Spin: Get the benefits of a 30-minute cycle class and the toning results of a TRX core workout in this fast-paced, ultra-cardio combo! Two different formats in a one-hour class!! This session will start in the GYM and end up in the Spin Studio.

Spin: 45 min High-Energy cardio class on a stationary bike designed to mimic outdoor cycling.

Splash: 45 min Utilize water resistance to condition and tone the upper and lower body both simultaneously and isolation with punches, kicks, and jogging drills. Develop cardiovascular endurance while having fun!

Step it up +: Get your heart pumping with easy-to follow moves, ending with core and body resistance stretching. Get a full cardio combo in 45 minutes!

Stretch and Breathe: 1 hour flow yoga class with a concentration on stretching, breathing and being present. Accessible to all!

Tabata: This hour long training breaks a workout down into clearly defined intervals – typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. Eight consecutive work-and-relax cycles go into a 4-minute round. Burn lots of calories with this amazing format!

Tone it Up: A great class filled with easy to follow techniques and energizing music to keep you moving for 60 minutes. Tone your body while you have fun!

Water Blast: 45 min class Uses water's natural resistance to improve cardiovascular fitness & muscle tone. Intervals! We use TABATA techniques to challenge your body!

Weekend Wake-Up: An hour long high-energy cardio blast that varies with each instructor designed to get your weekend started with conditioning and strength exercises.

Yin Yoga: Slow paced practice focusing on holding poses for an extended period of time. Beneficial for increased flexibility, improved joint mobility, reducing stress, promoting relaxation by targeting deep connective tissues.

Yoga: Yoga is an excellent way to stretch & strengthen the body, focus the mind, and relax the spirit.

Yoga Basics: A transformative Yoga practice that allows you to execute poses while seated, using a chair or props for balance. Yoga Basics offers the same benefits as traditional yoga, like boosting strength, flexibility, mobility and mental well-being.

Yoga/Pilates: Combine Yoga, Pilates and Athletic Training. This class is designed to improve flexibility, range of motion, muscle tone, core control, coordination, and symmetry.

Zumba®:Hour long Latin inspired dance-fitness class that incorporates Latin and international music and dance movement