



# April 2026

## GROUP FITNESS SCHEDULE

1st Floor: Pools  
 2nd Floor: MindBody Studio  
 3rd Floor: ZONE & Cycle Studios

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		<b>CYCLE INTERVAL</b> Nicole   Cycle Studio		<b>CYCLE INTERVAL</b> Martha   Cycle Studio			
8AM	<b>STRENGTH AND BALANCE</b> Martha   ZONE Studio		<b>STRENGTH AND BALANCE</b> Martha   ZONE Studio		<b>STRENGTH AND BALANCE</b> Martha   ZONE Studio	<b>AQUA FIT</b> Martha   Main Pool	
8:30AM	<b>PILATES FLOW</b> Hailey   MindBody Studio				<b>PILATES FLOW</b> Hailey   MindBody Studio	<b>CYCLE INTERVAL</b> Nicole   Cycle Studio	<b>CYCLE INTERVAL</b> Martha   Cycle Studio
9AM	<b>AQUA FIT</b> Halley   Main Pool	<b>FUNCTIONAL FIT</b> Megan   ZONE Studio <b>TAI CHI BASICS</b> Daniel   MindBody	<b>AQUA FIT</b> Halley   Main Pool	<b>FUNCTIONAL FIT</b> Megan   The ZONE Studio <b>TAI CHI BASICS</b> Daniel   MindBody	<b>AQUA FIT</b> Miranda   Main Pool	<b>ZUMBA GOLD TONING</b> Martha L.   MindBody Studio	<b>TOTAL BODY SCULPT</b> Kamra   The ZONE Studio
9:15AM	<b>CYCLE INTERVAL</b> Martha   Cycle Studio		<b>STEP AEROBICS</b> Martha   ZONE Studio		<b>CYCLE INTERVAL</b> Martha   Cycle Studio	<b>SHRED</b> Cami   ZONE Studio	
9:30AM	<b>ZUMBA</b> Ale   MindBody		<b>ZUMBA</b> Ale   MindBody		<b>ZUMBA</b> Ale   MindBody		
10AM		<b>AQUA HIIT</b> Debbie   Main Pool <b>TAI CHI FLOW</b> Daniel   ZONE Studio		<b>AQUA HIIT</b> Debbie   Main Pool <b>TAI CHI FLOW</b> Daniel   ZONE Studio			
10:15AM		<b>MAT PILATES</b> Hailey   MindBody Studio		<b>MAT PILATES</b> Hailey   MindBody Studio		<b>MAT PILATES</b> Hailey   MindBody Studio	
10:30AM	<b>STRETCH</b> Hailey   MindBody Studio		<b>STRETCH</b> Megan   MindBody Studio		<b>STRETCH</b> Megan   MindBody Studio		<b>TAI CHI BASICS</b> Daniel   MindBody
11AM		<b>SIT AND BE FIT</b> Steph   ZONE Studio	<b>CHAIR YOGA</b> Heather   ZONE Studio	<b>SIT AND BE FIT</b> Steph   ZONE Studio			
11:30AM	<b>GENTLE PILATES</b> Hailey   MindBody Studio	<b>SOUL LINE DANCE</b> Dawnita   MindBody		<b>SOUL LINE DANCE</b> Dawnita   MindBody	<b>GENTLE PILATES</b> Hailey   MindBody Studio	<b>PILATES SCULPT</b> Hailey   MindBody Studio	<b>TAI CHI Express</b> Daniel   MindBody
12PM		<b>AQUA ARTHRITIS</b> Debbie   Warm Water Therapy		<b>AQUA ARTHRITIS</b> Steph   Warm Water Therapy			
4:15PM							
4:45PM		<b>STRETCH &amp; RESTORE</b> Hailey   MindBody Studio		<b>STRETCH &amp; RESTORE</b> Megan   MindBody Studio			
5:30 PM	<b>AQUA FIT</b> Miranda   Main Pool <b>SOUL LINE DANCING</b> Dawnita   MindBody		<b>AQUA FIT</b> Christine   Main Pool		4/3 <b>SOUL LINE DANCING</b> Dawnita   Mindbody		
6PM	<b>SHRED</b> Cami   ZONE studio	<b>DANCE BEATZ</b> Lisa   MindBody Studio	<b>SHRED</b> Cami   ZONE studio	<b>CYCLE INTERVAL</b> Dan   Cycle Studio <b>DANCE BEATZ</b> Lisa   MindBody Studio			
6:30PM	<b>ZUMBA</b> Sandra   MindBody	<b>TOTAL BODY SCULPT</b> Cami   ZONE Studio	<b>MAT PILATES</b> Staci   MindBody		4/10 & 4/24 <b>TAI CHI BASICS</b> Daniel   MindBody		
7:00PM							

**Pilates Reformer \$**  
 TU 9am, 5pm, 6pm  
 TH 9am\*, 5pm, 6pm  
 FR 10am  
 SA 9am\*  
 \*beginner classes

**The ZONE KO \$**  
 M/W 5:00PM  
**The ZONE \$**  
 T/TH 5:15PM

**Club Hours:**  
 Monday - Friday 5am-9pm  
 Saturday - Sunday 7am - 5pm

# Class Descriptions

**Aqua Arthritis:** This 45 minute class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. [Level: ALL](#)

**Aqua HIIT:** Ditch the treadmill and utilize the Pool with this HIIT (high intensity interval) workout! In 55 minutes you can expect to improve cardiovascular fitness, circulation and endurance, all while enjoying a low impact workout in the pool. [Level: ALL](#)

**Aqua Fit:** This 55- minute pool based class is a low impact workout designed to elevate your heart rate, increase flexibility, and build muscle. Each class will combine light aerobic activity with water exercises set to fun music! [Level: ALL](#)

**Cardio kickboxing:** Join us for a 45 minute high-intensity, full-body workout that combines martial arts techniques with cardiovascular exercise, offering a dynamic and engaging fitness experience that builds strength, endurance, and cardiovascular health. [Levels: ALL](#)

**Cycle Interval:** Cycle Interval is a 55-minute workout that will simulate varied intervals, like sprints and other drills to give you a great cardiovascular workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists. [Level: ALL](#)

**Dance Beatz:** In this 55-minute party-like-class, you'll incorporate footwork and body movements from a wide variety of dances including hip-hop, Latin, and ballet (instructor's choice). Participants groove to the beat as they move their bodies like never before. [Level: ALL](#)

**Functional Fit:** Join us for 55 minutes of full body, low impact exercises, adaptable for all fitness levels; aiming to improve strength, power, mobility, and balance for everyday tasks. It focuses on strengthening muscles in a way that prepares the body for common movements like bending, twisting, lifting, and squatting. [Level: ALL](#)

**Gentle Pilates:** This 55 minute class focuses on improving mobility, easing tension, and building foundational strength to support everyday movement. With an emphasis on breath, alignment, and mindful transitions, each exercise invites you to move with comfort and awareness — helping you feel more open, stable, and relaxed from head to toe. [Level: ALL](#)

**Soul Line Dancing:** This 55 minute class is a fun way to move & groove! Come enjoy line dancing to soul music, broken down step by step. [Level: ALL](#)

**Mat Pilates:** This 55 minute workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout using a variety of props and your body weight. [Level: ALL](#)

**Pilates Flow:** This 55 minute class is a low-impact class designed to help you move better, feel stronger, and breathe deeper. This class blends the core principles of Pilates with fluid movement, gentle stretching, and mobility work for a balanced full-body experience. [Level: ALL](#)

**Pilates Sculpt:** This 45 minute class is an intensified version of mat Pilates that blends core-strengthening, alignment-focused movements with light strength training. Expect to move at a steady pace through high repetitions with light weights to build strength, improve core control and increase muscular endurance. Each class will be a 45 minute full body workout design to leave you feeling energized and toned. [Level: ALL](#)

**SHRED:** This 55 minute class is a strength training based program that focuses on the entire body and is designed to give your muscles a pump like no other! The class combine dumbbells and resistance bands to create compound and isolation exercises to get you lean, toned, and fit. [Levels ALL](#)

**Sit and Be Fit:** In this 45-minute chair based class, you can expect to improve your posture, breathing, strength, flexibility, and balance without ever having to stand up. This class uses an array of equipment like Pilates balls, resistance bands and hand weights, all set to fun upbeat music for an enjoyable workout experience. [Level: ALL](#)

**Strength and Balance:** Get stronger, fit and become more balanced in this 55-minute workout! Class begins with lightweight warm-ups then moves into working core posture muscles and overall strength to enhance balance. Class ends with cool-down exercises and muscle stretches. [Level: ALL](#)

**Stretch and Restore:** Restorative stretching is a restful practice that is all about slowing down and opening your body through passive stretching. This 55 minute class is an excellent pathway to quiet the mind and calm the body. [Level: ALL](#)

**Tai Chi Basics:** This class is an introduction to the ancient Chinese art of Tai Chi. In 40 minutes you will learn the introductory movements combined with breathing to better increase balance and circulation [Level: ALL](#)

**Tai Chi Flow:** This 40 minute class is for those seeking a faster paced Tai Chi class. This combination results in improved blood flow, enhanced focus ability, muscle strength, and physical flexibility. [Level: ALL](#)

**\$ Tai Chi-Sword Series:** Learn the basics of the Tai Chi sword form. Tai Chi Sword is graceful and more light on the feet than the empty hand form, making it a fun and engaging way to practice Tai Chi principles. Prior Tai Chi experience helpful but not required. Inexpensive wooden swords can be purchased online, or a yardstick or a broomstick handle could be used for practice. [Please see the front desk for sign ups.](#)

**\$ The ZONE** is a 60-minute athletic-inspired workout designed to help you efficiently achieve maximum results. Led by an expert coach, this revolutionary results-based program uses heart training technology and team-based camaraderie to take your workout to the next level. [Please see the front desk for sign ups.](#)

**\$ The ZONE KO** is a 60-minute class combining boxing, kickboxing, martial arts movements and traditional aerobic skills while aiming towards specific heart training goals. Participants are provided with loaner gloves, but you are encouraged to purchase your own. [Please see the front desk for sign ups.](#)

**Total Body Sculpt:** This is our original total body, dumbbell resistance training and cardio interval class. With 55 minutes, you experience an isolated focus on each major muscle group and expect a total body burn while building lean muscle mass. [Level ALL](#)

**Zumba Gold Toning:** This dance fitness class specifically designed for active older adults and beginners. It combines the low-impact, easy-to-follow moves of Zumba Gold with the added benefits of strength training using lightweight toning sticks. The class focuses on improving muscle strength, endurance, and balance, while still providing a fun and energizing dance experience. [Level: ALL](#)