



May 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			
8:00AM	<b>Strength &amp; Balance</b> Martha   ZONE Studio		<b>Strength &amp; Balance</b> Martha   ZONE Studio		<b>Strength &amp; Balance</b> Martha   ZONE Studio	<b>Aqua Fit</b> Martha   Main Pool	
8:30AM					<b>Yoga Flow</b> Staff   MindBody	<b>Cycle Interval</b> Nicole   Cycle Studio	<b>Cycle Interval</b> Martha   Cycle Studio
9:00AM	<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   ZONE Studio  <b>Tai Chi Basics</b> Daniel   MindBody	<b>Aqua Fit</b> Miranda   Main Pool	<b>Zumba Gold Toning</b> Martha L.   MindBody	<b>Total Body Sculpt</b> Kamra   ZONE Studio
9:15AM	<b>Cycle Interval</b> Martha   Cycle Studio		<b>Step Aerobics</b> Martha   ZONE Studio  <b>Cycle Interval (9:15)</b> Dan   Cycle 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		
10:00AM		<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> Trudy   MindBody		<b>[5/14, 5/21, 5/28]</b> <b>Strengthen &amp; Lengthen</b> Tyler   MindBody			
10:30AM	<b>Stretch</b> Staff   MindBody		<b>Stretch</b> Megan   MindBody		<b>Stretch</b> Megan   MindBody		
11:00AM		<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			<b>Tai Chi Basics</b> Daniel   MindBody
11:30AM	<b>Strengthen &amp; Lengthen</b> Houston   MindBody	<b>Soul Line Dance</b> Dawnita   MindBody		<b>Soul Line Dance</b> Dawnita   MindBody	<b>Strengthen &amp; Lengthen</b> Rachael   MindBody		
12:00PM		<b>Aqua Arthritis</b> Debbie   Warm Water Therapy		<b>Aqua Arthritis</b> Steph   Warm Water Therapy			<b>Tai Chi Flow</b> Daniel   MindBody
4:15PM							<b>Pilates Reformer \$</b> Tuesday & Thursday 5pm & 6pm
4:45PM		<b>Stretch &amp; Restore</b> Megan   MindBody		<b>Stretch &amp; Restore</b> Rachael   MindBody			
5:30PM	<b>Aqua Fit</b> Miranda   Main Pool  <b>Soul Line Dancing</b> Dawnita   MindBody		<b>Aqua Fit</b> Christine   Main Pool		<b>[5/1, 5/15, 5/29]</b> <b>Soul Line Dancing</b> Dawnita   MindBody		<b>The ZONE KO \$</b> M/W 5:00PM
6:00PM	<b>Shred</b> Cami   ZONE Studio	<b>Dance Beatz</b> Lisa   MindBody	<b>Shred</b> Cami   ZONE Studio	<b>Cycle Interval</b> Dan   Cycle Studio  <b>Dance Beatz</b> Lisa   MindBody			<b>The ZONE \$</b> T/TH 5:15PM
6:30PM	<b>Zumba</b> Sandra   MindBody	<b>Total Body Sculpt</b> Cami   ZONE Studio	<b>Mat Pilates</b> Staci   MindBody				
7:00PM							

CLUB HOURS | Mon–Fri: 5:00AM – 9:00PM Sat–Sun: 7:00AM – 5:00PM

**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 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 combines 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**

**Strengthen and Lengthen:** Get ready to feel strong and invigorated in this 55 minute strength training-mobility hybrid class. The first 35 minutes will focus on fundamental strength movements and the last 20 minutes on joint mobility/flexibility. Leaving you feeling strong and limber! **Levels: 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. **Level: ALL**

**\$ 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. **Level: ALL**

**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**

**Yoga Flow:** This 55-minutes yoga flow class links breath with movement in a smooth, continuous sequence designed to build strength, flexibility, and balance. Expect creative transitions, flowing sun salutations, and opportunities to modify or challenge yourself at your own pace. You'll leave feeling energized, centered, and refreshed in both body and mind. **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**