



June 2026

**GROUP FITNESS  
SCHEDULE**

1st Floor: Pools

2nd Floor: MindBody Studio

3rd Floor: ZONE & Cycle Studios

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Cycle Interval Dan   Cycle Studio		Cycle Interval Martha   Cycle Studio			
7:30 AM					Barre Fusion Tabatha   MindBody		
8:00AM	Strength & Balance Martha   ZONE Studio		Strength & Balance Martha   ZONE Studio		Strength & Balance Martha   ZONE Studio	Aqua Fit Martha   Main Pool	
8:30AM	Vinyasa Yoga Vania   MindBody		Yoga Restore Vania   MindBody		Vinyasa Yoga Vania   MindBody	Cycle Interval Nicole   Cycle Studio	Cycle Interval Martha   Cycle Studio
9:00AM		Functional Fit Megan   ZONE Studio  Tai Chi Basics Daniel   MindBody	Aqua Fit Debbie   Main Pool	Functional Fit Megan   ZONE Studio  Tai Chi Basics Daniel   MindBody	Aqua Fit Miranda   Main Pool	Zumba Gold Toning Martha L.   MindBody	Total Body Sculpt Kamra   ZONE Studio
9:15AM	Cycle Interval Martha   Cycle Studio		Step Aerobics Martha   ZONE Studio  Cycle Interval (9:15) Dan   Cycle Studio		Cycle Interval Martha   Cycle Studio	Shred Cami   ZONE Studio	
9:30AM	Zumba Ale   MindBody		Zumba Ale   MindBody		Zumba Ale   MindBody		
10:00AM		Aqua HIIT Debbie   Main Pool  Tai Chi Flow Daniel   ZONE Studio		Aqua HIIT Debbie   Main Pool  Tai Chi Flow Daniel   ZONE Studio			
10:15AM		Yogalates Megan   MindBody		Yogalates Megan   MindBody			
10:30AM	Stretch Vania   MindBody		Stretch Megan   MindBody		Stretch Megan   MindBody		
11:00AM		Sit and Be Fit Steph   ZONE Studio	Chair Yoga Heather   ZONE Studio	Sit and Be Fit Steph   ZONE Studio			Tai Chi Basics Daniel   MindBody
11:30AM	Strengthen & Lengthen Houston   MindBody	Soul Line Dance Dawnita   MindBody	Strengthen & Lengthen Houston   MindBody	Soul Line Dance Dawnita   MindBody	Strengthen & Lengthen Rachael   MindBody		
12:00PM		Aqua Arthritis Debbie   Warm Water Therapy		Aqua Arthritis Steph   Warm Water Therapy			Tai Chi Flow Daniel   MindBody
2:30 PM					Chair Yoga Heather   ZONE Studio		
4:15PM							Pilates Reformer \$ Tuesday & Thursday 5pm & 6pm
4:45PM		Stretch & Restore Vania   MindBody		Stretch & Restore Rachael   MindBody			
5:30PM	Aqua Fit Miranda   Main Pool  Soul Line Dancing Dawnita   MindBody		Aqua Fit Christine   Main Pool		[6/5, 6/19] Soul Line Dancing Dawnita   MindBody		The ZONE KO \$ M/W 5:00PM
6:00PM	Shred Cami   ZONE Studio	Dance Beatz Lisa   MindBody	Shred Cami   ZONE Studio	Cycle Interval Dan   Cycle Studio  Dance Beatz Lisa   MindBody			The ZONE \$ T/TH 5:15PM
6:30PM	Zumba Sandra   MindBody	Total Body Sculpt Cami   ZONE Studio	Mat Pilates 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**

**Barre Fusion:** In this 55-minute Barre based class, we combine our favorite elements of ballet, yoga, Pilates, and functional movement to sculpt and tone the entire body. Using small, controlled movements and high-rep exercises, you'll build muscular endurance, improve posture, and enhance core stability. This class uses the barre, hand weights, Bender Balls, and your own body weight, to deliver the burn. **Level: ALL**

**Chair Yoga:** This 55-Minute class is developed specifically for those looking to for a more supportive and slower paced yoga class. The focus is on developing strength, flexibility, and balance in a supportive environment provided by the use of chairs and other props. People new to yoga are welcome! **Level: 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**

**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**

**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**

**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**

**\$ 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**

**Vinyasa Yoga:** The instructor sets the mood for the 55-Minute session, Where traditional Yoga poses are applied. This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses. **Level: ALL**

**Yoga Restore:** Restorative yoga 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**

**Yogalates:** This class blends the mindful movement and flexibility of Yoga with the core-focused strength and stability work of Pilates for a balanced, full-body workout. Yogalates consists of mat-based exercises designed to improve core strength, posture, balance, mobility, and flexibility while also helping reduce stress and tension. Movements are slow, controlled, and guided with an emphasis on breath and body awareness. This class is approachable for beginners while still offering options to challenge more experienced participants. Expect to leave feeling stronger, longer, more centered, and refreshed. **Level: ALL**

**Zumba:** Get ready to have a blast while working up a sweat in the 55-Minute class. This class offers a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. **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**