



July 2026

GROUP FITNESS SCHEDULE

1st Floor: Pools

2nd Floor: MindBody Studio

3rd Floor: ZONE & Cycle Studios

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HAPPY BIRTHDAY USA - 250 YEARS						
5:30 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	Red White and Groove Martha L. MindBody (Zumba Gold)	Iron and Independence Kamra ZONE Studio (Total Body Sculpt)
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	Gentle Yoga 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		[7/3, 7/17] 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**

Gentle Yoga: This 55 minute yoga class designed to stretch out and wake up your body, leaving you energized for the day ahead! This practice includes slow and fluid movements to rejuvenate and cultivate a sense of inner peace. 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**

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**