

GROUP FITNESS CLASSES

AUGUST 1 - 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS sprint 6:00 to 6:30 am Virtual	LES MILLS BODYPUMP 6:00 to 7:00 am Virtual	LES MILLS sprint 6:00 to 6:30 am Virtual	LES MILLS BODYATTACK 6:00 to 7:00 am Virtual	LES MILLS sprint 6:00 to 6:30 am Virtual	
Indoor Cycling 8:00 to 8:45 am Elizabeth	Indoor Cycling 8:00 to 8:45 am Denise	Indoor Cycling 8:00 to 8:45 am Elizabeth	Indoor Cycling 8:00 to 8:45 am Denise	Indoor Cycling 8:00 to 8:45 am Elizabeth	
Silver Sneakers Boom 9:00 to 9:45 am Elizabeth	Functional Strength 9:00 to 9:45 am Denise	Silver Sneakers Boom 9:00 to 9:45 am Mandy	Functional Strength 9:00 to 9:45 am Denise	Silver Sneakers Boom 9:00 to 9:45 am Mandy	LES MILLS BODYPUMP 9:00 to 10:00 am Virtual
ABS 10:00 to 10:30 am Carleen	Cardio Dance Party 10:00 to 10:45 am Mandy	LES MILLS CORE 10:00 to 10:30 am Elizabeth	Cardio Dance Party 10:00 to 10:45 am Mandy	LES MILLS CORE 10:00 to 10:30 am Elizabeth	Zumba 10:00 to 11:00 am Luisa
Yoga 10:45 to 11:45 am Kristen	LES MILLS CORE 11:00 to 11:45 am Virtual	Yoga 10:45 to 11:45 am Kristen	LES MILLS Shapes 11:00 to 11:45 am Elizabeth	Yoga 10:45 to 11:45 am Maxine	*Les Mills OnDemand is available when the studio is not in use.
Silver Sneakers Classic 12:00 to 12:45 pm Ben	LES MILLS sprint 12:00 to 12:30 pm Virtual	Silver Sneakers Classic 12:00 to 12:45 pm Ben	LES MILLS sprint 12:00 to 12:30 pm Virtual	Silver Sneakers Classic 12:00 to 12:45 pm Judy	
OPEN STUDIO 1:00 to 2:00 pm	Seated Stability 1:00 to 1:45 pm Maxine	OPEN STUDIO 1:00 to 2:00 pm	Seated Stability 1:00 to 1:45 pm Judy	OPEN STUDIO 1:00 to 2:00 pm	
LES MILLS ONDEMAND 2:00 to 4:15 pm	Kroc Academy 2:00 to 4:00 pm	LES MILLS ONDEMAND 2:00 to 4:15 pm	Kroc Academy 2:00 to 4:00 pm	LES MILLS ONDEMAND 2:00 to 4:15 pm	
Zumba 4:30 to 5:15 pm Luisa	LES MILLS ONDEMAND 4:15 to 5:15 pm	Zumba 4:30 to 5:15 pm Luisa	LES MILLS ONDEMAND 4:15 to 5:15 pm	Zumba 4:30 to 5:30 pm Luisa	We're hiring! Apply to be a Group Fitness Instructor today!
LES MILLS BODYPUMP 5:30 to 6:30 pm Virtual	Cycle FUSION 5:30 to 6:30 pm Ben	LES MILLS BODYCOMBAT 5:30 to 6:30 pm Virtual			

GYM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Cardio Fusion 6:00 to 6:45 am Jen		Cardio Fusion 6:00 to 6:45 am Jen		
	TRX 8:00 to 8:45 am Ben		TRX 8:00 to 8:45 am Ben		
SCULPT 9:00 to 9:45 am Carleen	TRUE GRIT 9:00 to 9:30 am Ben/Elizabeth	SCULPT 9:00 to 9:45 am Carleen	TRUE GRIT 9:00 to 9:30 am Ben/Elizabeth	LES MILLS BODYPUMP 11:00 to 11:45 am Jen	
Circuit Training 12:00 to 12:45 pm Student Led-Cole		Circuit Training 12:00 to 12:45 pm Student Led-Cole		Circuit Training 12:00 to 12:45 pm Student Led-Cole	

POOL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
AQUA FIT 10:00 to 10:50 am Judy	AQUA FIT 10:00 to 10:50 am	AQUA FIT 10:00 to 10:50 am	AQUA FIT 10:00 to 10:50 am Elizabeth	AQUA FIT 10:00 to 10:50 am Judy	
	Silver Sneakers Splash 11:00 to 11:45 am Judy				

CLASS SCHEDULES ARE SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.