GROUP FIT AM

YF = Youth Friendly (10+ w/parent or guardian)
Gym = Basketball Gym
CY = Spin Class

ABBREVIATIONS AND NOTES:

Asterisks* = 30-minute long class

MONDAY (AM) Classes

5:45 - *Les Mills RPM - Café YF CY
8:30 - Barre - Studio
9:45 - Yoga Blend - Chapel
9:45 - Glutology 101 - Studio
10:00 - Aqua Zumba - Pool
11:00 - Silver Classic - Gym

TUESDAY (AM) Classes

5:45 - Les Mills BODYPUMP - Gym
8:30 - Pilates Sculpt - Studio
9:00 - Kroc Fit - Kroc Fit Box
10:00 - Boot Camp/HIIT - Kroc Fit Box
9:45 - Deep Stretch and Mobility - GFS
10:00 - Aqua Jog - Pool
11:00 - Silver Circuit - Gym
12:00 - Vinyasa Yoga - Chapel

WEDNESDAY (AM) Classes

5:45 - *Les Mills CORE 45 - Gym YF
8:30 - Barre - Studio
9:45 - Vinyasa Yoga - Studio
10:00 - Aqua Zumba - Pool
11:00 - Silver Strength - Gym

THURSDAY (AM) Classes

5:45 - Les Mills BODYPUMP - Gym
8:30 - Pilates Sculpt - Studio
9:00 - Kroc Fit - Kroc Fit Box
10:00 - Boot Camp/HIIT - Kroc Fit Box
10:00 - Shallow Hydrotone - Pool
9:45 - Deep Stretch & Mobility
11:00 - Silver Yoga - Gym
12:00 - Slow Flow Yoga - Chapel

FRIDAY (AM) Classes

5:45 - *Les Mills SPRINT - Café YF CY
8:30 - Barre - Studio
9:45 - Yoga Blend - Chapel
10:00 - Aqua Jog - Pool
11:00 - Silver Strength - Gym

SATURDAY (AM) Classes

8:30 - Pilates Sculpt - Studio
8:45 - *Les Mills Sprint YF - Café CY
9:00 - Les Mills BODYPUMP - Gym
9:45 - Slow Flow Yoga YF - Studio
10:30 - Zumba - Gym
GROUP FIT PM

ABBREVIATIONS AND NOTES:

- YF = Youth Friendly (10+ w/parent or guardian)
- Gym = Basketball Gym
- 🚴 = Spin Class
- Asterisks* = 30-minute long class

MONDAY (PM) Classes
5:00 - Kroc Fit - Kroc Fit Box
5:30 - Yoga Strong - Studio
5:30 - Les Mills BODYPUMP - Gym
6:30 - Zumba - Chapel

TUESDAY (PM) Classes
4:00 - Fit Kids - Gym
5:00 - Kroc Fit - Kroc Fit Box
5:30 - *RPM+Arm Intensive - Cafe 🚴
5:30 - PiYo - Studio

WEDNESDAY (PM) Classes
5:00 - Kroc Fit - Kroc Fit Box
5:30 - Les Mills BODYPUMP - Gym
6:00 - Breathe & Stretch Yoga - Studio
6:30 - Zumba - Gym

THURSDAY (PM) Classes
5:00 - Kroc Fit - Kroc Fit Box
5:15 - *Cardio Moves YF
5:30 - *RPM+Arm Intensive - Café 🚴
5:45 - Les Mills CORE 30 YF - Studio
6:30 - Kettlebell AMPD - Studio

FRIDAY (PM) Classes
NO PM CLASSES ON FRIDAYS

SATURDAY (PM) Classes
NO PM CLASSES ON SATURDAYS

Group fitness classes are open to anyone 16+.
- Last Updated 05/28/2024 -