

GROUP FITNESS CLASSES

STUDIO CLASSES

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 Carleen	Functional Strength 9:00 to 9:45 am Denise	Silver Sneakers Boom 9:00 to 9:45 am Carleen	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 Shapes 11:00 to 11:45 am Brooke	Yoga 10:45 to 11:45 am Kristen	LES MILLS Shapes 11:00 to 11:45 am Desiree	Yoga 10:45 to 11:45 am Maxine	
Silver Sneakers Classic 12:00 to 12:45 pm Ben	LES MILLS sprint 12:00 to 12:30 pm Desiree	Silver Sneakers Classic 12:00 to 12:45 pm Ben	LES MILLS sprint 12:00 to 12:30 pm Desiree	Silver Sneakers Classic 12:00 to 12:45 pm Judy	*Les Mills OnDemand is available when the studio is not in use.
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 2:00-4:15 pm	LES MILLS ONDEMAND 2:00 to 5:15 pm	LES MILLS ONDEMAND 2:00-4:15 pm	LES MILLS ONDEMAND 2:00 to 5:15 pm	LES MILLS ONDEMAND 2:00-4:15 pm	
Zumba 4:30 to 5:15 pm Luisa		Zumba 4:30 to 5:15 pm Luisa		Zumba 4:30 to 5:30 pm Luisa	
LES MILLS BODYPUMP 5:30 to 6:30 pm Brooke	Cycle FUSION 5:30 to 6:30 pm Elizabeth	LES MILLS BODYCOMBAT 5:30 to 6:30 pm Virtual	Cardio Dance Party 5:15 to 6:00 pm Mandy	We're hiring! Apply to be a Group Fitness Instructor today!	

GYM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TRX 8:00 to 8:45 am Ben		TRX 8:00 to 8:45 am Ben	
LES MILLS BODYPUMP 9:00 to 10:00 am Desiree	LES MILLS GRIT 9:00 to 9:30 am Desiree	LES MILLS BODYPUMP 9:00 to 10:00 am Brooke	LES MILLS GRIT 9:00 to 9:30 am Brooke	LES MILLS BODYPUMP 9:00 to 10:00 am Brooke
Circuit Training 12:00 to 12:45 pm Desiree		Circuit Training 12:00 to 12:45 pm Desiree		Circuit Training 12:00 to 12:45 pm Brooke

POOL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA FIT 10:00 to 10:50 am Elizabeth	AQUA FIT 10:00 to 10:50 am Desiree	AQUA FIT 10:00 to 10:50 am Desiree	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.