

GROUP FIT AM

ABBREVIATIONS AND NOTES:

YF = Youth Friendly (10+ w/parent or guardian)

Gym = Basketball Gym

 = Spin Class

Asterisks* = 30-minute long class

MONDAY (AM) Classes

5:45 - *Les Mills RPM - Café **YF** 

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 - Chapel

9:00 - Kroc Fit - Kroc Fit Box

10:00 - Boot Camp/HIIT - KrocFit Box

9:45 - Deep Stretch and Mobility - GFS

10:00 - Deep Water Fitness- Pool

11:00 - Silver Circuit - Gym

12:00 - Vinyasa Yoga - Studio

WEDNESDAY (AM) Classes

5:45 - *Les Mills CORE 45 - Studio **YF**

8:30 - Barre - Studio

9:45 - Vinyasa Yoga - Studio

10:00 - Hydro Tone - Pool

11:00 - Silver Strength - Gym

THURSDAY (AM) Classes

5:45 - Les Mills BODYPUMP - Gym

8:30 - Pilates Sculpt - Chapel

9:00 - Kroc Fit - Kroc Fit Box

10:00 - Boot Camp/HIIT - KrocFit Box

10:00 - Deep Water Fitness - Pool

9:45 - Deep Stretch & Mobility - Studio

11:00 - Silver Yoga - Gym

12:00 - Slow Flow Yoga - Studio

FRIDAY (AM) Classes

5:45 - *Les Mills SPRINT - Café **YF** 

8:30 - Barre - Studio

9:45 - Yoga Blend - Chapel

10:00 - Aqua Zumba - Pool

11:00 - Silver Strength- Gym

SATURDAY (AM) Classes

8:30 - Pilates Sculpt - Studio

8:45 - *Les Mills Sprint **YF** - Café 

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 - Chapel

6:30 - Zumba - Chapel

TUESDAY (PM) Classes

5:30 - *RPM+Arm Intensive - Cafe 

WEDNESDAY (PM) Classes

5:00 - Kroc Fit - Kroc Fit Box

5:45 - Les Mills CORE 30 YF - Café

6:00 - Breathe & Stretch Yoga - Studio

6:30 - Kettlebell AMPD - Café

THURSDAY (PM) Classes

5:30 - *RPM+Arm Intensive - Café 

5:30 - Les Mills BODYPUMP - Chapel

6:30 - Zumba - Chapel

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 07/31/2025 -