

FREE to Members Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - Aqua Fit Suzy - Pool 	6:30 AM - Cycle Coco - Studio B 	7:00 AM - Aqua Fit Suzy - Pool 	6:30 AM - Cycle Coco - Studio B 	7:00 AM - Aqua Fit Suzy - Pool 	2nd Saturday of each month 8:00 AM - Saturday Bootcamp Aaron - Studio A 
8:30 AM - Ultimate Conditioning Theresa - Studio A 	7:00 AM - Aqua Fit Kim - Pool 	8:30 AM - Ultimate Conditioning Theresa - Studio A 	7:00 AM - Aqua Fit Kim - Pool 	7:30 AM - Step Aerobics Theresa - Studio B 	9:30 AM - Family Zumba Nancy - Studio A 
9:30 AM - Silver Sneakers Classic Suzy - Gym 	8:10 AM - Ultimate Conditioning Jeanette - Studio A 	9:30 AM - Silver Sneakers Classic Suzy - Gym 	8:10 AM - Ultimate Conditioning Jeanette - Studio A 	8:30 AM - Ultimate Conditioning Theresa - Studio A 	
9:30 AM - Pound Maria - Studio B 	8:10 AM - Seated Zumba Toning Suzy - Gym 	10:45 AM - Zumba Maria - Studio A 	8:10 AM - Seated Zumba Toning Suzy - Gym 	9:30 AM - Silver Sneakers Classic Lari - Gym 	
10:45 AM - Zumba Maria - Studio A 	9:30 AM - Silver Sneakers Circuit Lari - Gym 	12:00 PM - Ultimate Conditioning Jeanette - Studio B 	9:30 AM - Silver Sneakers Circuit Lari - Gym 	9:40 AM - Zumba Toning Suzy - Studio A 	
10:45 AM - Chair Yoga Wanda - Gym 	9:30 AM - Zumba Nancy - Studio A 	6:00 PM - Cycle Kim - Studio B 	9:30 AM - Zumba Nancy - Studio A 	10:45 AM - Zumba Maria - Studio A 	Sunday
12:00 PM - Ultimate Conditioning Kim - Studio A 	10:30 AM - Yoga Wanda - Studio B 	6:00 PM - Zumba Toning Josie - Studio A 	10:30 AM - Yoga Wanda - Studio B 	6:00 PM - SHiNE+UPLIFT Lari - Studio A 	 SCAN ME! To Register
6:00 PM - Cycle & Strength Kim - Studio B 	10:45 AM - SHiNE Dance Fitness Lari - Studio A 	7:15 PM - Zumba Clarissa - Studio A 	10:45 AM - SHiNE LIGHT Dance Fitness Lari - Studio A 	6:00 PM - Cycle & Strength Kim - Studio B 	
6:00 PM - Zumba Toning Josie - Studio A 	6:00 PM - Aqua Fit Kim - Pool 	7:30 PM - Yoga Wanda - Studio B 	6:00 PM - Aqua Fit Kim - Pool 	7:00 PM - Ultimate Conditioning Aaron - Studio A 	
7:15 PM - Zumba Clarissa - Studio A 	6:00 PM - META Copa Training Esther - Studio A 		6:00 PM - META Copa Training Esther - Studio A 		
7:15 PM - Yoga Wanda - Studio B 	7:15 PM - Mat Pilates Vickie- Studio A 		7:15 PM - Evening Slow Flow Yoga Vickie- Studio A 		

Reserved & Advanced Group Exercise Classes



Class Name	Day	Time	Coach	Location	Dates	Fee/Person Resident	Fee/Person NON-Resident	Description
Power 30	Tuesday & Thursday	5:30 am	Coco	Studio B	July 14 - Aug. 20	\$5.00	\$10.00	This is a 30-minute class that is held twice a week. This is a high-impact class designed to help you master proper form, build lean muscle, torch fat, and boost your metabolism. This class will deliver quick, effective workouts, that get you in, out, and on with your day. It is open to all fitness levels from beginner to seasoned pros. You will also receive two InBody scans to track your progress from start to finish. Scans will be taken on day one and again at the end of the 8 weeks to show just how far you've come!

Recurring special event classes

Class Name	Day	Time	Coach	Location	Fee/Person Member	Fee/Person NON-Member	Description
Copa Warrior	1st Saturday	8:00am	Esther	Studio A	\$10.00	\$15.00	This is a 60-minute intense conditioning class that incorporates punches, kicks, elbow strikes, knee strikes, speed agility, combinations and so much more. It's you versus the bag in this high-intensity strength and cardiorespiratory focused workout. Bring your gloves and your fighter spirit and let's get ready to spar. All fitness levels are welcome!
Saturday Bootcamp	2nd Saturday	8:00am	Aaron	Studio A	FREE	FREE	This is a once-a-month weekend strength and conditioning class that mimics our popular weekday Ultimate Conditioning classes. This high energy class works the entire body using various modes and intervals! This class is designed to achieve the conditioning you need to accomplish any fitness goal by training your entire body.
Glute Camp	3rd Saturday	8:00am	Aaron	Studio A	\$10.00	\$15.00	This is a 60-minute bootcamp designed to deliver intense training engineered to sculpt strong, shapely glutes and thighs with precision. This system utilizes strategic exercise selection, hypertrophy-driven programming and high-intensity training cycles to challenge, tone, and transform muscles with accuracy. Glute Camp has decoded the formula for effectively targeting the glutes, and thighs - enhancing shape, lift and balance to build stronger more defined muscles. Perfect for all levels.

Registration
is Required



*Special Event Classes are subject to change. Finalized dates & details will be posted in the Facility and online.