



Fitness

AUGUST 2021

AQUATIC FITNESS

In our SPLASH POOL :

Aqua Barre: Noon-1pm Monday & Friday
 Joints In Motion: 1-1:45pm Monday
 Arthritis/Fibromyalgia 10:45-11:30am Tuesday & Thursday
 (NOW Smoother Moves)
 Wet Work Out: 1-1:45pm Friday

In our MAIN POOL :

High Intensity: 8:15-9am Mon, Wed & Fri
 Deeper Power: 9:15-10am Mon, Wed & Friday
 5:15 pm Mondays
 Shallow/Deep: 8 - 8:45am Tuesday
 AquaStride HIIT: 6pm Wednesday
 Senior Water Exercise: 10:45am Wednesday
 Aqua Mix: 8-8:45am Thurs

Monday

5:30-6:30am Body Pump
 8:15-9:15am Bosu Circuit
 8:15-9:15am Body Combat
 9:15-9:45am Les Mills CORE
 9:30-10:30am Body Pump
 6:00-6:45pm Spin
 6:15-6:45pm GRIT
 7-8pm Body Pump

Tuesday

5:30-6:15am Insanity
 8:15-9:15am Body Pump
 8:15-9:00am Les Mills Tone
 8:15-9:00am Spin
 9-10am Body Flow
 9-10am Oula
 11:15 am-Noon Silver Yoga
 6-7pm Body Pump

LIVE Classes Group Fitness in our Spacious Studios

Wednesday

5:45-6:30am Spin
 8-8:45 am Silver Strong
 8:15-9:15am Body Combat
 9:30-10:30am Body Pump
 11:15am - Noon Silver Strength
 6-6:45pm Spin
 6-6:45pm Insanity
 7-8 pm Body Pump

Thursday

5:30-6:15 am Insanity
 8:15-9am Spin
 8:15-9:15am Body Pump
 8:15-9am Les Mills Tone
 9-10am Body Flow
 9-10 am Oula
 6-7pm Body Pump
 7-8pm Body Combat

Friday

5:30-6:30am Body Pump
 5:45-6:30am Spin
 8 - 8:45 am Silver Strong
 8:15-9:15am Bosu Circuit
 9:15-10:15am Body Combat
 9:30-10:30am Body Pump
 11:15 am - Noon Silver Yoga

Saturday

8-9am Body Combat
 8-8:45am Spin
 8:15-8:45am GRIT
 9-10am Body Pump

No Class Sign-Ups Needed!

GROUP FITNESS is

Free

for our MEMBERS!

Monday

5:45-6:30 am RPM
 8:15-9am RPM
 10:35-11:05am GRIT
 11am-Noon Body Flow
 12:15-1:15pm Body Pump
 7-7:45pm RPM
 7-7:45 pm Sh'Bam

Tuesday

5:30-6am Body Pump
 6-6:30am Les Mills CORE
 9:15-10am RPM
 9:35-10:05am GRIT Strength
 Noon-1 pm Body Pump
 1:15-2:15pm Body Flow
 5-5:45pm Body Combat
 5:15-5:45pm RPM
 6-6:45pm RPM
 7:15-8 pm Body Flow

VIRTUAL FITNESS

Wednesday

8:15-9am RPM
 10:30-11:15am RPM
 10:35-11:05am GRIT Strength
 11:30am-12:30pm Body Flow
 12:30-1pm Body Combat
 1-2 pm Body Pump
 5:15-6pm Body Pump
 6:15-6:45 pm LM Barre
 7-7:45pm RPM

Thursday

5:30-6am Body Pump
 6-6:30am Les Mills CORE
 9:15-10am RPM
 9:35-10:05am GRIT Strength
 11:30am-12:30pm Body Flow
 12:45-1:45pm Body Pump
 5:15-5:45pm RPM
 5-5:45pm Body Combat
 6-6:45pm RPM
 7:15-8pm Sh'Bam

Friday

8:15-9am RPM
 10:45-11:15am Les Mills CORE
 11:30am-Noon LM Barre
 12:15-1:15pm Body Flow
 5-5:30pm GRIT Strength
 5:30-6:15pm Body Flow

Saturday

9-9:45am RPM
 9-9:45 am Sh'Bam
 9-10am Body Flow
 10:30-11:30am Body Pump

Sunday

9:30-10am Body Combat
 10-11am Body Pump
 11:15-11:45am GRIT Strength
 Noon-12:30pm Body Flow Flex
 12:45-1:15pm Body Combat
 1:30-2:30pm Body Pump
 4-5pm Body Pump
 5:15-6:15pm Body Flow

Try one-on-one customized personal training to "Find Your Fit" !

