

GROUP FITNESS

2021

Monday



Strength w/Nancy
9 am - Group Ex 2



Shuffle w/Nancy
1:00 pm Group Ex 2



Bonnie's Bootcamp
5:30 pm - Group Ex 2



Spin w/Kelly
5:30 pm - Spin Room

Tuesday



Bonnie's Bootcamp
8:30 am - Group Ex 2



* Water Works w/Melanie
9:30 am - Lap Pool



Senior Yoga w/Barbara
10:30 am - Group Ex 2



Senior Bootcamp w/Kara
1 pm - Group Ex 2



Yoga @ Its' Core w/Leslie
5:30 pm - Yoga Studio

NEW CLASS

Wednesday



AM Bootcamp w/Jemar
6 am - Group Ex 2



Restorative/Flow Yoga
w/Leslie
10:30 am - Conf. Rm.



Shuffle w/Nancy
1:00 pm Group Ex 2

Thursday



Kara's Kross Training
6 am - Group Ex 2



* Liquid Gym w/Melanie
9:30 am - Lap Pool



Cardio Circuit w/Barbara
10:30 am - Group Ex 2



Senior Bootcamp w/Kara
1 pm - Group Ex 2

Friday



Spin w/ Emma
9 am - Spin Room



Zumba w/Nancy
9:00 am - Group Ex 2

Saturday



Hot Yoga w/Julie
8:30 am - Yoga Rm.



Zumba w/Nancy
10:30 am - Group Ex 2

Sign up sheets for each class will be available at the Customer Service Desk 30 minutes prior to class time. Must be present to sign up. Early reservations will not be accepted. Please maintain 6 feet of distance from others.

* Pool Closed 1 Hour for Class