

GROUP FITNESS



Monday

Bootcamp/Boxing w/Leslie
9:00 am - Boxing Studio

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

#H2O MashUp w/Kara
9:30 am - Lap Pool

Restorative Yoga w/Leslie
10:30 am - Yoga Studio

Senior Bootcamp w/Kara
11:30 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

Zumba w/Nancy
9:30 am - Group Ex 2

#Liquid Gym w/Carol
9:30 am - Lap Pool

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

Senior Bootcamp w/Kara
1:00 pm - Group Ex 2

Zumba w/Nancy
5:30 pm - Group Ex 2

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

Wednesday

AM Bootcamp w/Jemar
6:00 am - Group Ex 2

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

Spin w/John
9:00 am - Spin Room

#H2O Mash Up w/Kara
9:30 am - Lap Pool

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

Yoga w/Julie
11:00 am - Yoga Studio

Shuffle w/Nancy
1:00 pm Group Ex 2

Boxing w/Bonnie
5:30 pm - Boxing Studio

Thursday

Boxing w/Bonnie
8:30 am - Boxing Studio

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

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

Senior Bootcamp w/Kara
1:00 pm - Group Ex 2

Yoga w/Bethany
5:30 pm - Yoga Studio

HIIT w/Bonnie
5:30 pm - Group Ex 2
(30 minute weight class)

Friday

Spin w/Fariss
9:00 am - Spin Room

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

#Liquid Gym w/Carol
9:30 am - Lap Pool

Mixed Fit w/Barbara
10:30 am - Group Ex 2

Saturday

Hot Yoga w/Julie
8:30 am - Yoga Studio

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

Access our class schedule
any time on the H&W App.
Check it out!



We love our group ex classes!!

#Pool Closed 1 Hour for Class