

# GROUP FITNESS



## Monday

★ Bootcamp w/Fariss  
8:30 am - Boxing Studio

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

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

Strong Foundations  
Yoga w/Leslie  
10:00 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

#Aqua Zumba w/Nancy  
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

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

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

15 Minute Quiet the Mind  
Meditation w/Leslie  
6:30 pm - Yoga Studio

## Wednesday

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

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

Spin w/John  
9:00 am - Spin Room

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

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

Shuffle w/Nancy  
1:00 pm Group Ex 2

Yoga w/Julie  
4:30 pm - Yoga Studio

Boxing w/Bonnie  
5:30 pm - Boxing Studio

## Thursday

Boxing w/Bonnie  
8:30 am - Boxing Studio

#Aqua HITT w/Melanie  
9:30 am - Lap Pool

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

★ Gentle Flow Yoga w/Alisa  
10:30 am - Yoga Studio

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

🔥 Hot 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

#Aqua Slots w/Melanie  
9:30 am - Lap Pool

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

★ Restorative Yoga w/Alisa  
10:30 am - Yoga Studio

## Saturday

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

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

## Sunday

★ Restorative Yoga  
3:00 pm - Yoga Studio  
Instructor Rotation



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

**We love our group ex classes!!**

★ **New Class**

# **Pool Closed 1 Hour for Class**