

# GROUP FITNESS



# 2021

## 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

#Water Works w/Melanie  
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/ Paul  
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

10:30 FB LIVE w/Kara

Shuffle w/Nancy  
1:00 pm Group Ex 2

\* Boxing w/Bonnie  
5:30 pm - Group Ex 2

## Thursday

Kara's Kross Training  
6:00 am - Group Ex 2

Boxing w/Bonnie  
8:30 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  
1:00 pm - Group Ex 2

## Friday

Spin w/Emma  
9:00 am - Spin Room

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

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

11:30 FB LIVE w/Nancy

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.

## Saturday

Hot Yoga /Rotation  
8:30 am - Yoga Studio

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

## We love our group ex classes!!

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



\*New Class!

#Pool Closed 1 Hour for Class