

SPRING, 2023, GROUP FITNESS AND WATER FITNESS CLASSES

As of 4/30/2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Some IN STUDIO CLASSES ARE ZOOMED*	*In Studio Only (by Reservation) 8:30am STEP w/Leesa	*In Studio/Zoomed 8:00 am MAT PILATES* w/Lynnda or ZOOM ONLY on Alt.week w/Marcy	ZOOM ONLY 8:00 am STRETCH 4 STRENGTH w/Carol		ZOOM ONLY 8:30 am STRENGTH & CORE w/Marcy	
All Zoom Only classes are for members ONLY	*In Studio/Zoomed (by Reservation) 9:30am STRENGTH w/Leesa		*In Studio/Zoomed (by Reservation) 9:30am BARRE w/Lynnda	*In Studio/Zoomed (by Reservation) 9:30am Pilates & Strength Fusion w/Leesa	*In Studio/Zoomed (by Reservation) 9:30am CARDIO DANCE w/Shannon	*In Studio/Zoomed (by Reservation) 9:00am BARRE w/Christa
	*In Studio/Zoomed (by Reservation) 11:00am STRETCH 4 STRENGTH w/ Carol			*In Studio/Zoomed (by Reservation) 12:30pm CHAIR FIT w/ Lynnda		(\$)<u>AXIAL DANCE</u> BALLET & JAZZ (ages 3-5) 10:30am (ages 5-7) 11:15am (ages 8-10) 12:00pm (ages 11-13) 1-2pm Laura
	ZOOM ONLY 4:30pm BARRE w/Mallory	ZOOM ONLY 4:30pm ZUMBA TONING w/Millette		ZOOM ONLY 4:30pm ZUMBA GOLD w/Millette	*In Studio Only (by Reservation) 4:00 pm YOGA w/Steph	(\$)<u>AXIAL DANCE</u> POM(ages 7-12)1pm TAP (ages 9-12) 2pm Morgan (In Xergym)
	(\$)<u>AXIAL DANCE</u> HIP HOP (ages 7-12) 4:45pm POM (ages 12-15) 5:30pm Morgan			ZOOM ONLY 5:30pm YOGA w/Faith		
	(\$)<u>AXIAL DANCE</u> ADAPTIVE DANCE (ages 12-15) 5pm (in Xergym) CONTEMPORARY (ages 7-12) 5:30pm (In Xergym) Laura (ages 12-15)6:25pm Laura				ZOOM ONLY 6:00pm TGIF STRETCH & RELAX w/Carol	
	BALLET (ages 12-16)7pm (in Xergym) Juliet POINT (ages 12-16) 7:30pm Juliet	ZOOM ONLY 7:00pm MINDFUL YOGA FLOW w/Karen				*Non-member: \$12.00/In-Studio classes only *Discount Digital Fitness Cards for In-studio Classes Only: \$80.00/8 classes

POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
MASTERS 9:00am	AQUAFIT 8:15am (shallow water) (membes only)	(\$)<u>HYDROFIT</u> 9:00am (deep water) member (\$5) & non-member (\$10 or with card))	AQUAFIT 8:15am (shallow water) (members only)	(\$)<u>HYDROFIT</u> 9:00am (deep water) member (\$5) & non-member (\$10 or with card))	AQUAFIT 8:15am (shallow water) (members only)	AQUA/(\$) <u>HYDRO</u> 8:45am (shallow water) Non-member (\$10 or with card) Members (no charge)
	AQUA/(\$) <u>HYDRO</u> 8:00pm (shallow water) Non-member (\$10 or with card) & Members (no charge)		AQUA/(\$) <u>HYDRO</u> 8:00pm (shallow water) Non-member (\$10 or with card) & Members (no charge)			(\$)<u>Fee Based</u> Aqua/Hydrofit Discount Card 10 visits Members: \$50 Non-Mem: \$85
		MASTERS 8:00pm		MASTERS 8:00pm	MASTERS 8:00pm	