

FALL, 2023, GROUP FITNESS AND WATER FITNESS CLASSES

As of 9/18/2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>* Some IN STUDIO CLASSES ARE ZOOMED*</p> <p>All Zoom Only classes are for members ONLY</p>	<p>*In Studio Only (by Reservation) 8:30am STEP w/Leesa</p>	<p>*In Studio/Zoomed 8:00 am MAT PILATES* w/Lynnda or ZOOM ONLY on Alt.week w/Marcy</p>	<p>ZOOM ONLY 8:00 am STRETCH 4 STRENGTH w/Carol</p>		<p>ZOOM ONLY 8:30 am STRENGTH & CORE w/Marcy</p>	
<p>*In Studio/Zoomed (by Reservation) 10:00am YOGA w/Steph</p>	<p>*In Studio/ Zoomed (by Reservation) 9:30am STRENGTH w/Leesa</p>		<p>*In Studio/ Zoomed (by Reservation) 9:30am BARRE w/Lynnda</p>	<p>*In Studio/ Zoomed (by Reservation) 9:30am Pilates & Strength Fusion w/Leesa</p>	<p>*In Studio/ Zoomed (by Reservation) 9:30am CARDIO DANCE w/Shannon</p>	<p>*In Studio/ Zoomed (by Reservation) 9:00am BARRE w/Christa</p>
	<p>*In Studio/Zoomed (by Reservation) 11:00am STRETCH 4 STRENGTH w/ Carol</p>			<p>*In Studio/ Zoomed (by Reservation) 12:30pm CHAIR FIT w/ Lynnda</p>		<p><u>(\$)</u>AXIAL DANCE BALLET & JAZZ 10:00am (age 3-5) Laura</p>
<p>*Non-member: \$12.00/In-Studio classes only *Discount Digital Fitness Cards for In-studio Classes Only: \$80.00/8classes</p>	<p>ZOOM ONLY 4:30pm BARRE w/Mallory</p>				<p>*In Studio & Zoomed (by Reservation) 4:00 pm YOGA w/Steph</p>	<p><u>(\$)</u>AXIAL DANCE BALLET & JAZZ 10:00am (age 5-7) Laura</p>
	<p><u>(\$)</u>AXIAL DANCE HIP HOP 4:45pm (age 7-12) Morgan</p>		<p><u>(\$)</u>AXIAL DANCE ADAPTIVE DANCE 4:45pm Laura</p>			<p><u>(\$)</u>AXIAL DANCE BALLET & JAZZ 10:45am (age8-10) Laura</p>
	<p><u>(\$)</u> POM 5:30pm (age 11-13) Morgan</p>		<p><u>(\$)</u> AXIAL DANCE CONTEMPORARY (age 8-12) Laura</p>			<p><u>(\$)</u>AXIAL DANCE JAZZ & LYRICAL 11:30am (age8-10) Laura</p>
	<p><u>(\$)</u> BALLET 6:30pm (age 10-13) Juliet</p>	<p>ZOOM ONLY 7:00pm MINDFUL YOGA FLOW w/Karen</p>	<p><u>(\$)</u> AXIAL DANCE CONTEMPORARY (age 13-15) Laura</p>		<p>ZOOM ONLY 6:00pm TGIF STRETCH & RELAX w/Carol</p>	<p><u>(\$)</u>AXIAL DANCE TAP 1:15pm Morgan</p>
	<p><u>(\$)</u> POINTE 7:30pm Juliet</p>					
	<p><u>(\$)</u> BALLET 8:00pm (age 13+) Juliet</p>					

POOL (as of 9/5/2023)

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>MASTERS 9:00am</p>	<p>AQUAFIT 8:30am (shallow water) (members only)</p>	<p><u>(\$)</u>HYDROFIT 9:00am (deep water) member (\$5) & non-member (\$12 or with card)</p>	<p>AQUAFIT 8:30am (shallow water) (members only)</p>	<p><u>(\$)</u>HYDROFIT 9:00am (deep water) member (\$5) & non-member (\$12 or with card)</p>	<p>AQUAFIT 8:30am (shallow water) (members only)</p>	<p>AQUA/<u>(\$)</u> HYDRO 8:45am (shallow water) Non-member (\$12 or with card) Members (no charge)</p>
	<p>AQUA/<u>(\$)</u> HYDRO 7:30pm (shallow water) Non-member (\$12 or with card) & Members (no charge)</p>		<p>AQUA/<u>(\$)</u> HYDRO 7:30pm (shallow water) Non-member (\$12 or with card) & Members (no charge)</p>			<p><u>(\$)</u>Fee Based Aqua/Hydrofit Discount Card 8 visits Members: \$40 Non-Mem: \$80</p>
		<p>MASTERS 8pm</p>		<p>MASTERS 8pm</p>		