

WINTER 2024, GROUP FITNESS AND WATER FITNESS CLASSES

as of 2/3/2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>* Most IN STUDIO CLASSES ARE ZOOMED* All Zoom Only classes are for members ONLY</p>	<p>*In Studio Only (by Reservation) 8:30am STEP w/Leesa</p>	<p>*In Studio/Zoom 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/Zoom (by Reservation) 10:00am YOGA w/SK</p>	<p>*In Studio/ Zoom (by Reservation) 9:30am STRENGTH w/Leesa</p>		<p>*In Studio/Zoom (by Reservation) 9:30am BARRE w/Lynnda</p>	<p>*In Studio/Zoom (by Reservation) 9:30am PILATES & STRENGTH FUSION w/Leesa</p>	<p>*In Studio/Zoom (by Reservation) 9:30am LINE DANCE w/Barb</p>	<p>*In Studio/Zoom (by Reservation) 9:00am BARRE w/Christa</p>
	<p>*In Studio/Zoom (by Reservation) 11:00am STRETCH 4 STRENGTH w/ Carol</p>		<p>*In Studio/Zoom (by Reservation) 11:00pm CHAIR FIT w/ Lynnda</p>			<p>(\$)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:</p>				<p>*In Studio/Zoom (by Reservation) 12:30pm CHAIR FIT w/ Lynnda</p>		<p>(\$)AXIAL DANCE BALLET & JAZZ 10:00am (age 5-7) Laura</p>
<p>\$80.00/8 classes</p>	<p>(\$)AXIAL DANCE HIP HOP 4:45pm (age 7-12) Morgan</p>		<p>(\$) AXIAL DANCE ADAPTIVE DANCE 4:45pm Laura</p>		<p>*In Studio/Zoom (by Reservation) 4:00 pm YOGA w/Steph</p>	<p>(\$)AXIAL DANCE BALLET & JAZZ 10:45am (age8-10) Laura</p>
	<p>(\$) POM 5:30pm (age 11-13) Morgan</p>		<p>(\$) AXIAL DANCE CONTEMPORARY 5:15pm (age 8-12) Laura</p>	<p>*In Studio & Zoom (by Reservation) 4:30 pm YOGA w/Steph</p>		<p>(\$)AXIAL DANCE JAZZ & LYRICAL 11:30am (age8-10) Laura</p>
	<p>(\$) BALLET 6:30pm (age 10-13) Juliet (\$) POINTE 7:30pm Juliet</p>	<p>ZOOM ONLY 7:00pm MINDFUL YOGA FLOW w/Karen</p>	<p>(\$) AXIAL DANCE CONTEMPORARY 6:15pm (age 13-15) Laura</p>		<p>ZOOM ONLY 6:00pm TGIF STRETCH & RELAX w/Carol</p>	<p>(\$)AXIAL DANCE BALLET & JAZZ 1:30pm (age13+) Laura</p>
	<p>(\$) BALLET 8:00pm (age 13+) Juliet</p>		<p>(\$) AXIAL DANCE TAP 7:15pm Morgan</p>			

POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MASTERS 9:00am</p>	<p>AQUAFIT 8:30am (shallow water) (members only)</p>	<p>(\$)HYDROFIT 9:00am (deep water) member (\$5) & non-member (\$12 or with card)</p>	<p>AQUAFIT 8:30am (shallow water) (members only)</p>	<p>(\$)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/(\$) HYDRO 8:45am (shallow water) Non-member (\$12 or with card) & Members (no charge)</p>
	<p>AQUA/(\$) HYDRO 7:30pm (shallow water) Non-member (\$12 or with card) & Members (no charge)</p>	<p>MASTERS 8:00pm</p>	<p>AQUA/(\$) HYDRO 7:30pm (shallow water) Non-member (\$12 or with card) & Members (no charge)</p>	<p>MASTERS 8:00pm</p>		<p>(\$)Fee Based Aqua/Hydrofit Discount Card 8 visits Members: \$40 Non-Mem: \$80</p>