

**FALL/WINTER, 2024, GROUP FITNESS AND WATER FITNESS CLASSES as of 11/8/2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Most in studio classes are zoomed* All zoom only classes are for members only	*in studio only (by reservation) 8:30am STEP w/Leesa	*in studio/zoom 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	
*In Studio/Zoom (By Reservation) 10:00am YOGA W/SK	*In Studio/ Zoom (By Reservation) 9:30am STRENGTH W/Leesa		*In Studio/Zoom (By Reservation) 9:30am BARRE W/Lynnda	*In Studio/Zoom (By Reservation) 9:30am PILATES & STRENGTH FUSION W/Leesa	*In Studio Only (By Reservation) 9:30am LINE DANCE W/Barbara	
	*In Studio/Zoom (by Reservation) 11:00am STRETCH 4 STRENGTH w/ Carol		*In Studio/Zoom (by Reservation) 11:00pm CHAIR FIT w/ Lynnda			(\$) <u>AXIAL DANCE</u> BALLET (3-5yrs) 10-10:45am Laura
*Non-member: \$12.00/In-Studio classes only *Discount Digital Fitness Cards for In-studio Classes Only:		<b>NEW!!*</b> In Studio ONLY (by Reservation) 12:00 pm NOON TIME YOGA FLOW w/Karen		*In Studio/Zoom (by Reservation) 12:30pm CHAIR FIT w/ Lynnda		(\$) <u>AXIAL DANCE</u> BALLET(5-7yrs) 10:45-11:30am Laura
<b>\$80.00/8 classes</b>	*In Studio/Zoom (by Reservation) 3:00 pm YOGA FLOW (All levels) w/Kristen	(\$) <u>AXIAL DANCE</u> HIP HOP 4:45-5:30pm Morgan	(\$) <u>AXIAL DANCE</u> ADAPTIVE DANCE 4:45-5:15pm Laura		*In Studio/Zoom (by Reservation) 4:00 pm YOGA w/Steph	(\$) <u>AXIAL DANCE</u> BALLET(8-11) 11:30-12:30pm LYRICAL & JAZZ (12-14yrs) 12:30-1:30pm Laura
		(\$) <u>AXIAL DANCE</u> POM (7-10yrs) 5:30-6:15pm Morgan	(\$) <u>AXIAL DANCE</u> CONTEMPORARY 5:15-6:15(8-12yrs) Laura			
	(\$) <u>AXIAL DANCE</u> BALLET 6-7:30pm Juliet	(\$) <u>AXIAL DANCE</u> POM(11-14yrs) 6:15-7pm Morgan	(\$) <u>AXIAL DANCE</u> CONTEMPORARY 6:15-7:15pm(13-15yrs) Laura		<b>ZOOM ONLY</b> 6:00pm TGIF STRETCH & RELAX w/Carol	
	(\$) <u>AXIAL DANCE</u> POINT 7:30-8pm Juliet		(\$) <u>AXIAL DANCE</u> TAP 7:15-8pm Morgan			

**POOL**

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