

SUMMER, 2025, GROUP FITNESS AND WATER FITNESS CLASSES as of 4/23/2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|---|--|
| * Most in studio classes are zoomed* All Zoom 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) 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/Zoom (By Reservation) 9:30am CARDO DANCE W/Shannon | |
| | *In Studio/Zoom (by Reservation) 11:00am STRETCH 4 STRENGTH w/ Carol | | *In Studio/Zoom (by Reservation) 11:00pm CHAIR FIT w/ Lynnda | | | (\$) AXIAL DANCE BALLET (3-5yrs) 10-10:45am Laura |
| *Non-member: \$12.00/In-Studio classes only *Discount Digital Fitness Cards for In-studio Classes Only: \$80.00/8 classes | | NEW!! *In Studio/Zoom (by Reservation) 12:30 pm EVERYDAY YOGA Gwen | NEW!! *In Studio/Zoom (by Reservation) 12:30 pm YOGA for EVERYONE (all levels) Gwen | *In Studio/Zoom (by Reservation) 12:30pm CHAIR FIT w/ Lynnda | | (\$) AXIAL DANCE BALLET(5-7yrs) 10:45-11:30am Laura |
| | *In Studio/Zoom (by Reservation) 3:00 pm VINYASA YOGA FLOW (All levels) w/Kristen | (\$) AXIAL DANCE TAP (7-10yrs) 4:45-5:30pm Morgan | (\$) AXIAL DANCE ADAPTIVE DANCE 4:45-5:15pm Laura | NEW!! *In Studio/Zoom (by Reservation) 2:00 pm YIN YOGA for BEGINNERS Gwen | *In Studio/Zoom (by Reservation) 4:00 pm YOGA w/Steph | (\$) AXIAL DANCE BALLET(8-11) 11:30-12:30pm LYRICAL & JAZZ (12-14yrs) 12:30-1:30pm Laura |
| | | (\$) AXIAL DANCE HIP HOP (7-12yrs) 5:30-6:15pm Morgan | (\$) AXIAL DANCE CONTEMPORARY 5:15-6:15(8-12yrs) Laura | | | (\$) AXIAL DANCE TAP (12-15yr) 1:30-2:15pm Laura |
| | (\$) AXIAL DANCE BALLET 6:30-8:00pm Juliet | (\$) AXIAL DANCE POM(7-10yrs) 6:15-7pm POM(11-14yrs) Morgan | (\$) AXIAL DANCE CONTEMPORARY 6:15-7:15pm(13-15yrs) Laura | | ZOOM ONLY 6:00pm TGIF STRETCH & RELAX w/Carol | |
| | (\$) AXIAL DANCE POINT 8-8:30pm Juliet | | (\$) AXIAL DANCE CONT. ADULTS 7:15-8:15pm Morgan | | | |

POOL

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