

WINTER, 2026, GROUP FITNESS AND WATER FITNESS CLASSES as of 1/12/2026

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			(\$) <u>AXIAL DANCE</u> POM (7-10yrs) 10-10:45am Morgan
*Non-member: \$12.00/In-Studio classes only *Discount Digital Fitness Cards for In-studio Classes Only: \$80.00/8 classes				*In Studio/Zoom (by Reservation) 12:30pm CHAIR FIT w/ Lynnda		(\$) <u>AXIAL DANCE</u> TAP (7-10yrs) 10:45-11:30am Morgan
	(\$) <u>AXIAL DANCE</u> BALLET & JAZZ (3-5yrs) 4:45-5:40pm Laura	(\$) <u>AXIAL DANCE</u> LYRICAL & JAZZ (13-16yrs) 5-6pm Laura	(\$) <u>AXIAL DANCE</u> ADAPTIVE DANCE 4:45-5:15pm Laura	(\$) <u>AXIAL DANCE</u> HIP HOP (8-12 yrs) 5:45-6:30pm Morgan	*In Studio/Zoom (by Reservation) 4:00 pm YOGA w/Steph	(\$) <u>AXIAL DANCE</u> POM(14+yrs) 11:30-12:30pm TAP(14+yrs) 12:30-1:30pm Morgan
		(\$) <u>AXIAL DANCE</u> HIP HOP (5-7yrs) 6-6:45pm	(\$) <u>AXIAL DANCE</u> CONTEMPORARY 5:15-6:15(8-12yrs) Laura	(\$) <u>AXIAL DANCE</u> POM(11-13yrs) 6:30-7:30pm Morgan		
	(\$) <u>AXIAL DANCE</u> BALLET (13+) 6:30-8:00pm Juliet	(\$) <u>AXIAL DANCE</u> BALLET & JAZZ(8-11yrs) 6:45-7:45pm	(\$) <u>AXIAL DANCE</u> CONTEMPORARY 6:15-7:15pm(13-15yrs) Laura	(\$) <u>AXIAL DANCE</u> HIP HOP (13+yrs) 7:30-8:30pm Morgan	ZOOM ONLY 6:00pm TGIF STRETCH & RELAX w/Carol	
	(\$) <u>AXIAL DANCE</u> POINT** 8-8:30pm Juliet	(\$) <u>AXIAL DANCE</u> AXIAL ELITE(15+) 7:45-8:45pm	(\$) <u>AXIAL DANCE</u> CONTEMPORARY Adults Only 7:15-8:15pm Laura	Contact Laura Wren For Axial Dance: dancemisslaura@gmail.com		

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 Aqua/Hydrofit Discount Card</u> 8 visits Members: \$40 Non-Mem: \$80