WINTER, 2026, GROUP FITNESS AND WATER FITNESS CLASSES as of 11/1/2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Most in studio classes are zoomed* All Zoom classes are for members only	*In studio only 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			
	*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		Zoom only ***10:45 am*** STRENGTH & CORE w/Suzie	($)AXiAL DANCE POM (7-10yrs) 10-10:45am Morgan
*Non-member: $12.00/In-Studio classes only *Discount Digital Fitness Cards for In-studio Classes Only: $80.00/8 classes				*In Studio/Zoom (by Reservation) 12:30pm CHAIR FIT w/ Lynnda		($)AXiAL DANCE TAP (7-10yrs) 10:45-11:30am Morgan
	($)AXiAL DANCE BALLET & JAZZ (11-12yrs) 5:30-6:30pm* Juliet *Audition required	($)AXiAL DANCE BALLET & JAZZ (3-5yrs) 4:45-5:30pm Laura	($) AXiAL DANCE CONTEMPORARY 5-6pm(8-12yrs) Laura	($) AXiAL DANCE ADOPTIVE DANCE 4:45-5:15pm Laura ($) AXiAL DANCE BALLET & JAZZ 5:15-6:15pm(8-11) Laura	*In Studio/Zoom (by Reservation) 4:00 pm RESTORATIVE YOGA w/Steph	($)AXiAL DANCE POM(11-13) 11:30-12:30pm POM(14+yrs) 12:30-1:30pm Morgan
	($) AXiAL DANCE BALLET (13+) 6:30-8:00pm Juliet *Audition required	($) AXiAL DANCE TAP (4-6yrs) 5:30-6:15pm Morgan	($) AXiAL DANCE HIP HOP 6-6:45pm (8-12yrs) Morgan	($) AXiAL DANCE LYRICAL & JAZZ 6:15-7:15pm(13-15) Laura	ZOOM ONLY 6:00pm TGIF STRETCH & RELAX w/Carol	($)AXiAL DANCE TAP(14+yrs) 1:30-2:30pm Morgan
	($) AXiAL DANCE POINT** 8-8:30pm Juliet *Audition required	($) AXiAL DANCE BALLET & JAZZ(6-8yrs) 6:15-7pm Laura	($) AXiAL DANCE CONTEMPORARY 6:45-7:45pm(13-15yrs) Laura	($) AXiAL DANCE COMTEMPORARY **ADULTS ONLY!!** 7:15-8:15pm Laura		
		Contact Laura Wren For Axial Dance: **dancemisslaura@gmail.com**	($) AXiAL DANCE HIP HOP 7:45-8:45pm (13+) Morgan	($) AXiAL DANCE AXIAL ELITE **(AUDITION ONLY)** 8-9pm Laura		

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