

GROUP FITNESS CLASS SCHEDULE

To take a class, check-in at the front desk and pay the drop-in fee or scan your punch pass to receive a class pass. Take the class pass to the instructor . Class passes are given on a first-come first-serve basis.

Group fitness classes are for members 15+

Guests are welcome to join by paying the guest and class drop-in fees at the front desk.

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
TOTAL BODY Aerobics Studio 6:15 -7:45 AM	BODY SCULPT Aerobics Studio 6 - 7 AM	SPIN Aerobics Studio 6-7 AM	BODY SCULPT Aerobics Studio 6 - 7 AM	YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	POWER HOUR Aerobics Studio 9 - 10 AM
WEIGHT & FUNCTIONING MOBILITY Aerobics Studio 8 - 8:45 AM	CRANK IT UP FITNESS Basketball Gym 8 - 9 AM	TOTAL BODY Aerobics Studio 8 - 9:15 AM	CRANK IT UP FITNESS Basketball Gym 8 - 9 AM		
YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	SENIOR MODIFIED FITNESS Aerobics Studio 8:30 - 9:30 AM	YOGA HEALTH & VITALITY Aerobics Studio 9:45 - 11 AM	SENIOR MODIFIED FITNESS Aerobics Studio 8:30 - 9:30 AM		
SENIOR DANCE FITNESS Aerobics Studio 11:15 - 12:15 PM	SENIOR MODIFIED FITNESS Aerobics Studio 9:30 - 10:30 AM	SENIOR DANCE FITNESS Aerobics Studio 11:15 - 12:15 PM	SENIOR MODIFIED FITNESS Aerobics Studio 9:30 - 10:30 AM		
PURE PILATES Aerobics Studio 6 - 7 PM	SPIN Aerobics Studio 12- 1 PM	TABATA Free Zones 12 - 12:55 PM	SPIN Aerobics Studio 12- 1 PM		
	AQUAROBCICS Indoor Pool 4 - 5PM	PURE PILATES Aerobics Studio 6 - 7 PM	CORE VINYASA YOGA Aerobics Studio 6 - 7 PM		
	CORE VINYASA YOGA Aerobics Studio 6 - 7 PM	AQUAROBCICS Indoor Pool 6 - 7 PM			

Group Fitness Class pricing

\$4 drop-in fee per class

\$40 for 15-class punch pass

\$75 for 3 month unlimited punch pass

50% discount for all members over 50

Effective August 1, 2026
Schedule subject to change. Current
schedule posted on our website.

