

GROUP FITNESS



2021

Monday

* Bootcamp/Boxing w/Leslie
9:00 am - Boxing Studio

Strength w/Nancy
9:00 am - Group Ex 2

* H2O MashUp w/Kara
#9:30 am - Lap Pool

Restorative Yoga w/Leslie
10:30 am - Yoga Studio

* Senior Bootcamp w/Kara
11:30 am - Group Ex 2

Shuffle w/Nancy
1:00 pm Group Ex 2

Bonnie's Bootcamp
5:30 pm - Group Ex 2

Spin w/Kelly
5:30 pm - Spin Room

Tuesday

Bonnie's Bootcamp
8:30 am - Group Ex 2

* Zumba w/Nancy
9:30 am - Group Ex 2

#Water Works w/Melanie
9:30 am - Lap Pool

Senior Yoga w/Barbara
10:30 am - Group Ex 2

Senior Bootcamp w/Kara
1:00 pm - Group Ex 2

* Zumba w/Nancy
5:30 pm - Group Ex 2

Yoga @ Its' Core w/Leslie
5:30 pm - Yoga Studio

Wednesday

AM Bootcamp w/Jemar
6:00 am - Group Ex 2

* Zumba w/Sarah
9:00 am - Group Ex 2

* Spin w/ Paul
9:00 am - Spin Room

* H2O Mash Up w/Kara
#9:30 am - Lap Pool

* Cardio Circuit w/Barbara
10:30 am - Group Ex 2

10:30 FB LIVE w/Kara

Shuffle w/Nancy
1:00 pm Group Ex 2

* Boxing w/Bonnie
5:30 pm - Group Ex 2

Thursday

Boxing w/Bonnie
8:30 am - Group Ex 2

#Liquid Gym w/Melanie
9:30 am - Lap Pool

Cardio Circuit w/Barbara
10:30 am - Group Ex 2

Senior Bootcamp w/Kara
1:00 pm - Group Ex 2

Friday

Spin w/Emma
9:00 am - Spin Room

Zumba w/Nancy
9:00 am - Group Ex 2

* Mixed Fit w/Barbara
10:30 am - Group Ex 2

11:30 FB LIVE w/Nancy

Sign up sheets for each class will be available at the Customer Service Desk 30 minutes prior to class time. Must be present to sign up. Early reservations will not be accepted. Please maintain 6 feet of distance from others.

Saturday

Hot Yoga /Rotation
8:30 am - Yoga Studio

Zumba w/Nancy
10:30 am - Group Ex 2

We love our group ex classes!!

Access our class schedule any time on
the H&W App. Check it out!



*New Class!

#Pool Closed 1 Hour for Class