

March 1, 2026 to April 26, 2026

Early Spring Group Fitness Schedule

Mondays

12:05 p.m. to 12:50 p.m. - *Balance & Build* with Kira
5:15 p.m. to 6:15 p.m. - *SpinStrong* with Kim

Tuesdays

12:05 p.m. to 12:50 p.m. - *SpinStrong* with Kim
6:00 p.m. to 7:00 p.m. - *Evening Yin Yoga* with Nicole

Wednesdays

12:05 p.m. to 12:50 p.m. - *Core & Bone Strength* with Kelli

Thursdays

10:00 a.m. to 10:45 a.m. - *Essentrics* with Sharron
11:00 a.m. to 11:45 a.m. - *Chair Yoga* with Sharron
12:00 p.m. to 1:00 p.m. - *Gentle Hatha Yoga* with Nicole
5:15 p.m. to 6:15 p.m. - *Barbell Pump* with Michelle

Fridays

10:00 a.m. to 10:50 a.m. - *Resistance & Recovery* with Kelli
12:05 p.m. to 12:50 p.m. - *Power Up!* with Kelli
5:15 p.m. to 6:05 p.m. - *Zumba Rush* with Karthika

Sundays

12:05 p.m. to 1:05 p.m. - *Sunday Funday Fitness Mix*

Classes are free for members with 3/6/12 month memberships
All participants are required to check in with front desk prior to class
Check *all* individual class posters for schedule adjustments