

June 29, 2026 to July 31, 2026

July Group Fitness Schedule

Mondays

12:05 p.m. to 12:50 p.m. - *Balance & Build* with Kira
5:30 p.m. to 6:15 p.m. - *ThemeCycle* with Kira

Tuesdays

9:00 a.m. to 9:45 a.m. - **Essentrics* with Sharron*
7:00 p.m. to 8:00 p.m. - **Yin Yoga* with Nicole*

Wednesdays

12:05 p.m. to 12:50 p.m. - *Core & Bone Strength* with Kelli
5:15 p.m. to 6:05 p.m. - *Zumba Rush* with Karthika

Thursdays

9:30 a.m. to 10:30 a.m. - *Rooted Mind & Body* with Nikki
12:05 p.m. to 12:50 p.m. - *Strength Foundations* with Kira

Fridays

9:00 a.m. to 9:50 a.m. - *Resistance & Recovery* with Kelli
12:05 p.m. to 12:50 p.m. - *Circuit Fit* with Kira

Classes are free for members with 3/6/12 month memberships
All participants are required to check-in with front desk prior to class
****Essentrics and Yin Yoga have modified class schedules****
Registration opens Friday, June 26 at 1:00 p.m.