

**April 27, 2026 to June 27, 2026**

# Late Spring Group Fitness Schedule

## **Mondays**

10:00 a.m. to 11:00 a.m. - *\*Morning Meltdown* with Michelle  
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  
7:00 p.m. to 8:00 p.m. - *Yin Yoga* with Nicole

## **Wednesdays**

9:30 a.m. to 10:30 a.m. - *\*Morning Yoga* with Nicole  
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**

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

## **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

**Classes are free for members with 3/6/12 month memberships**  
**All participants are required to check-in with front desk prior to class**  
**\*Starred classes shown above include schedule adjustments**