

Group Ex Schedule MAY 2026

Aqua - Group classes are free for members.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00a - 9:45a Aqua Walkout Carla Pool	9:00a-10:00a H2O Challenge Maria Pool	9:00a-9:45a Aqua HIIT Carla Pool	9:00a-10:00a Aquacise Maria Pool	9:00a-9:45a Aqua HIIT Carla Pool	11:30a- 12:15p Aqua Zumba Marci
10:00a-11:00a Aqua Strong Maria Pool		10:15a - 11:15a Aqua Flex Bonnie T Pool		10:30a-11:15a Aqua Zumba Charmaine Pool		
	12:00p-1:00p Aqua Flex Bonnie T Pool		10:00a-11:00a Aqua Strong Maria Pool	6:00p-7:00p Aqua Strong Maria Pool	12:00p-1:00p Aqua Flex Mary T Pool	
		5:45p-6:45p H2O Challenge Maria Pool	12:00p-1:00p Aqua Flex Bonnie T Pool			

Yoga - Group classes are free for members. All classes are in the Yoga Studio.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a - 8:50p ★ Gentle Yoga Lonni		8:00a - 8:45a Mat Pilates Yoga Studio Josh	6:00a- 7:00a Flow Janet			
9:00a- 10:00a Flow Janet	6:15a- 7:00a Flow Anita	9:00a- 10:00a Flow April	9:00a- 10:00a Yoga I & II Amy	9:00a - 10:00a Mat Pilates Yoga Studio Jamie / Josh	9:00a- 10:00a Yoga I & II Ashley	8:00a- 9:00a Yoga I & II Lonni
10:00a- 11:00a Barre Sarah	9:00a- 10:00a Yoga I & II Jamie	10:15a - 11:15a Gentle Yoga April	10:15a- 11:15a Gentle Yoga Amy	11:00a- 12:00p Flow Janet	10:15a- 11:15a Gentle Yoga Ashley	10:00a - 11:00a Tai Chi Sharif
	10:15a - 11:15a Gentle Yoga Jamie	4:30p-5:30p Barre Lonni	11:25a- 11:55a Meditation Debbie	12:05p - 1:00p Gentle Yoga Kyra	5:00p - 6:00p Community Yoga Anita	
		5:30p - 6:30p Flow Sandy	4:30p-5:30p Barre Jordan	4:30p - 5:30p Vinyasa Flow Taylor *No Class May 7		
	5:30p - 6:30p Restorative Yoga Sandy		5:30p - 6:15p Yoga I & II Ashley	5:30p-6:30p Gentle Yoga Julie *No Class May 7		
			6:30p - 7:20p Mat Pilates Lonni			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30a - 6:00a Cycling Studio II Scott 6:00 - 6:55a HIIT Studio 1 Kyra	5:30a-6:00a Cycling Studio 2 Amber 6:00a - 7:00a Power Hour Studio 1 Megan	5:30a-6:00a Cycling Studio 2 Amber ★ 7:00a - 7:45a Build, Burn & Balance Studio 1 Jackson	6:00a - 7:00a HIIT Studio 1 Megan	6:00a - 7:00a Power Hour Studio 1 Megan	8:00a - 8:45a Total Body Strong Studio 1 TiLisa
	7:00a - 7:45a ★ Build, Burn & Balance Studio 1 Jackson	9:00a - 10:00a HIIT Studio 1 Josh	9:00a - 10:00a POWER HOUR Studio 1 Eileen	8:00a - 9:00a HIIT Studio 1 Josh	8:00a - 8:45a Forever Strong Studio 1 Kyra	9:00a - 10:00a Cycling Studio II Maria Scott
	9:00a - 10:00a HIIT Studio 1 Eileen	10:15 a - 11:00a Maria Beginners Cycling Studio II	10:15a-11a Cycling Studio II Eileen	9:15a- 10:15a Zumba Studio 1 Charmaine	9:00a - 10:00a Total Body Strong Studio 1 Megan	9:00a - 10:00a Zumba Studio I Hayley
	10:00a - 11:00a Walking with Weights Maria 10:15a -11:00 a Cycling Studio II Eileen	10:30a - 11:15a Zumba Gold Studio 1 Charmaine 11:30a - 12:15p Chair Yoga Studio 1 April	11:00a - 11:45a Fit & Flexible Studio 1 Kat	11:00a - 12:00p PWR. Moves Studio 1 Sami	11:00a - 11:45a Fit & Flexible Studio 1 Kat	10:30a - 11:15a Fit & Flexible Studio 1 Matthias
	11:00a - 11:45a Fit & Flexible Studio 1 Kat	4:30p - 5:20p HIIT Studio 1 Kyra	4:30p - 5:20p Zumba Studio 1 Sheena	4:30p - 5:25p Total Body Strong Studio 1 Peetie	12:00p - 12:30p Cycling Studio II Anita	
	4:30p- 5:20p Zumba Studio 1 Brittany	5:30p - 6:30p POUND Fit Studio 1 Emily	5:30p - 6:20p Total Body Strong TiLisa Studio 1	5:30p- 6:30p Zumba Marci	12:00p - 12:45p ★ Forever Strong Studio 1 Kyra	
	5:30p - 6:30p Total Body Strong Christy Studio 1 5:30p - 6:30p Cycling Studio II Scott	5:30p-6:30p Beginner's Cycling Studio 2 Amanda 6:30p - 7:30p Zumba Studio 1 Brittany May 5 & 19	6:30p - 7:15p Chair Yoga Studio 1 Ashley	6:00p - 7:00p Cycling Amanda Studio 2		

Aqua

Aqua Flex – Enhance flexibility, strength, and overall well-being in this gentle aquatic class designed to ease chronic pain and discomfort.

Aqua Walk-Out – A water-based workout that integrates cardio, strength, and interval training.

Aquacise – A non-impact workout combining jogging and resistance training with tools like water weights and noodles.

Aqua Strong – A low-impact class focusing on strength training and cardiovascular exercises using aquatic resistance for a challenging yet joint-friendly workout.

Aqua Zumba® – A fun, energetic water workout that merges Zumba with traditional aqua fitness, making exercise feel like a party.

H2O Challenge – Intense drills using various equipment and water resistance, designed to elevate your heart rate in the lap pool.

Group Classes

Chair Yoga – A gentle yoga practice using a chair for support, enhancing flexibility, concentration, and strength.

Cycling – Indoor cycling workouts using Spivi for interactive performance tracking and 3D scenery.

Forever Strong – A strength training class geared toward individuals 60+. This dynamic class uses dumbbells, resistance bands, exercise balls, and more to help you build real strength, improve your balance, and move with greater ease and confidence.

Power Hour – A full-body cardio and toning class featuring continuous movement with steps, weights, and bodyweight exercises.

HIIT – High-Intensity Interval Training with quick, intense bursts of exercise followed by short recovery periods to boost metabolism.

Total Body Strong – An athletic class targeting all muscle groups using various resistance tools for strength and conditioning.

Walking with Weights – Low-impact walking exercise while holding weights to build muscle and improve cardiovascular health.

Zumba® – Dance fitness class combining high-energy music with fun and unique dance moves.

Build, Burn, & Balance – This is a 45-minute total-body class designed to make you stronger, more conditioned, and more in control of your movement. You'll build muscle endurance with weights, burn through bodyweight calisthenics, and finish with mat Pilates to strengthen your core and improve balance. It is a smart, efficient workout that blends strength, cardio, and control into one class.

Senior Classes

PWR. Moves – A Parkinson-specific exercise class that helps you move bigger and faster, counteracting PD symptoms in a fun and supportive environment.

Fit & Flexible – A workout for mature adults focusing on light weight training, flexibility, balance, and range of motion, with chair support available.

Zumba Gold® – A modified Zumba® class for active older adults, featuring original moves at a lower intensity.

Yoga

Barre – A blend of ballet, Pilates, and stretching for beginners. Not suitable for those with joint pain or limitations. No dance experience needed.

Community Yoga – An introductory class focusing on basic poses for stretching and strengthening. Emphasizes alignment and breath awareness, welcoming all levels, especially novices.

Mat Pilates – Non-impact exercises that lengthen and strengthen muscles, using props like thera-bands, balls, and rollers. Suitable for all levels.

Meditation – Guided sessions to help participants slow down, breathe, and re-center.

Gentle yoga – This class is a slow-paced, low-intensity, and accessible style of yoga focusing on mindful movements, breathing, and less strenuous poses. It is ideal for beginners, seniors, injury recovery, and stress reduction.

Tai Chi – Tai Chi is an ancient Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Commonly referred to as “meditation in motion”, Tai Chi is characterized by methodically slow, continuous and circular movements designed to stretch the body, promote balance, and reduce stress.

Yoga I & II – A class that builds on warm-ups to explore various poses, emphasizing alignment and breath awareness for balance, flexibility, and strength.

Vinyasa Flow Yoga – A dynamic class linking postures in a fluid sequence with breath synchronization for a rhythmic practice.