



Group Fitness Classes



Group X Studio

Regular Membership, Temporary Membership, Group Fitness or All Class Pass required to attend

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Group Power	Group Fight	Group Power	Group Fight	Core & More		
8:30 AM		willPower & grace		willPower & grace			
8:30 AM	Pound		Pound		Pound & ZUMBA		
9:00 AM	ZUMBA		ZUMBA				
9:30 AM		Rest Relax Restore		Rest Relax Restore			
10:00 AM	Simply Stretch		Simply Stretch				
10:30 AM	ZUMBA Gold		ZUMBA Gold				
12:05 PM		Group Power		Group Power			
4:00 PM							ZUMBA
4:30 PM	Group Active	Pilates	Group Active	Pilates			
5:30 PM	Group Power	ZUMBA	Group Power	ZUMBA			
6:45 PM		Core & More					

Aquatic Fitness

Regular Membership, Temporary Membership, Aqua Fitness or All Class Pass required to attend

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Aqua Fitness		Aqua Fitness		Aqua Fitness		
12:00 PM	Aqua Fitness		Aqua Fitness		Aqua Fitness		
6:00 PM		Aqua Fitness		Aqua Fitness			

Cycling

Regular/Temporary Membership, or All Class Pass required to attend (not included with Group Fitness or Aqua Fitness Pass)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Cycling		Cycling			
8:00 AM		Cycling		Cycling			
12:05 PM	Cycling		Cycling		Cycling		
5:00 PM		Cycling		Cycling			

Circuit

Regular/Temporary Membership, or All Class Pass required to attend (not included with Group Fitness or Aqua Fitness Pass)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Circuit Class		Circuit Class		Circuit Class		
11:00 AM	Circuit Class		Circuit Class				