

# **Group Fitness Classes**



### **Group X Studio**

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

5:30 AM Group Power Group Fight Group Power WillPower & grace grace WillPower & grace grace Group Fight Power WillPower & grace Group Fight Group Pound Fight Group Pound Fight Group Pound Fight Group Fight Core & More Group Fight Core & More WillPower & grace Group Fight Group Fight Core & More Fight Group Fight Core & More Fight Group Figh		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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8:30 AM Pound Pound Pound Pound & ZUMBA  9:00 AM ZUMBA Rest Relax Restore Simply Stretch  10:00 AM ZUMBA Gold ZUMBA Gold  12:05 PM Group Active Pilates Group Power  5:30 PM Group Power  2UMBA WillPower & grace grace grace  WillPower & grace grace grace grace  WillPower & grace	5:30 AM	_	Group Fight	•	Group Fight	Core & More		
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5:30 PM Group Power ZUMBA Group Power ZUMBA	4:00 PM							ZUMBA
Power Power ZUMBA Power	4:30 PM	<b>Group Active</b>	Pilates	<b>Group Active</b>	Pilates			
6:45 PM Core & More	5:30 PM	-	ZUMBA	-	ZUMBA			
<u> </u>	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	<b>Aqua Fitness</b>		<b>Aqua Fitness</b>		<b>Aqua Fitness</b>		
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				