



Group Fitness Classes

Looking for a challenging workout but limited on time? We offer a wide range of group fitness classes led by certified instructors.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 AM						
8:45-9:45 AM	Senior Stretch			Senior Stretch		
9:15-10:15 AM						Jazzercise
10:15-11:00 AM						
12:10-12:50 PM	Step Aerobics	Upper Body Sculpting	Boot Camp	Lower Body Sculpting	Boot Camp Lite	
1:10-1:50 PM	Pilates	Pilates	Pilates	Pilates	Pilates	
4:30-5:30 PM		Jazzercise		Jazzercise		
5:45-6:45 PM	Jazzercise	Jazzercise		Jazzercise	Jazzercise	