



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 | | |
| 9:00-10:00 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 | |