



GROUP FITNESS CALENDAR

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | monday | tuesday | wednesday | thursday | friday | saturday |
|--------|--|--|---|--|---|---|
| A M | C - 5:15 Early Bird Cycling-Mike A - 8:30 Morning Yoga-Chris Q - 10:00 Queenax Boost-Maria A - 11:00 Senior Fit-Maria | Q - 5:15 Queenax Circuit-Mike A - 8:30 Tabata-Kristen A - 9:15 Stretch-Kristen A - 10:00 Pilates-LeeAnn | C - 5:15 Early Bird Cycling-Mike A - 8:30 Vinyasa Yoga-Jen A - 10:00 Tai Chi-Ruth Q - 10:00 Queenax Boost-Maria A - 11:00 Senior Fit-Maria | Q - 5:15 Queenax Circuit-Mike A - 8:30 Tabata-Kristen A - 9:15 Stretch-Kristen A - 10:00 Pilates-LeeAnn | C - 5:15 Early Bird Cycling-Mike A - 8:30 Morning Yoga-Chris A - 10:00 Tai Chi-Ruth Q - 10:00 Queenax Boost-Maria A - 11:00 Senior Fit-Maria | C - 7:30 Saturday Cycle-Lindsay A - 8:30 Zumba-Bryonna |
| | C - 5:30 Evening Cycle-Shaun A - 5:30 Zumba-Bryonna A - 6:15 Cardio Kickbox-Joe A - 7:00 Conditioning-Joe | A - 4:30 Tabata-Corey C - 5:30 Evening Cycle-Shaun A - 7:00 Yoga-Karla | C - 5:30 Evening Cycle-Shaun A - 6:15 Cardio Kickbox-Joe A - 7:00 Conditioning-Joe | A - 4:30 Tabata-Corey C - 5:30 Evening Cycle-Lindsay A - 7:00 Yoga-Karla | A - 5:00 Pilates-LeeAnn A - 6:00 Hatha Yoga-Joe | <div>CHILDWATCH & KIDFIT ZONE HOURS</div> <div>MONDAY THROUGH FRIDAY 8 - 11 AM 4 - 8 PM</div> <div>SATURDAY 8 AM - 12 PM</div> <div>SUNDAY CLOSED</div> <div> <p>NO ENTRY 30 MINUTES PRIOR TO ENTRY *2 HOUR TIME LIMIT PER SESSION</p> </div> |

A - AEROBICS STUDIO
C - CYCLING ROOM
Q - QUEENAX ROOM

ALL MEMBERS AGED 14+ MAY PARTICIPATE IN ALL GROUP EXERCISE CLASSES.

ALL MEMBERS AGED 8-13 MAY PARTICIPATE IN CLASSES ONLY WITH INSTRUCTOR APPROVAL AND IF THEY ARE ACCOMPANIED BY AN ADULT (18+) WHO IS PARTICIPATING IN THE CLASS.

CLASS DESCRIPTIONS AVAILABLE ONLINE

CLASSES ARE OFFERED AS A MEMBER BENEFIT