



# Group Fitness Calendar

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A M</b>	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
<b>P M</b>	C - 5:30 Evening Cycle-Shaun  A - 5:30 Zumba-Bryonna  A - 6:15 Cardio Kickbox-Joe  A - 7:00 Conditioning-Joe  Classroom 2- 6:00 pm Candlelight Pilates-LeeAnn	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	C - 5:30 Evening Cycle-Lindsay  A - 7:00 Yoga-Karla	A - 6:00 Hatha Yoga-Joe	<div> <div>CHILDWATCH &amp; KIDFIT ZONE HOURS</div> <div>SEPTEMBER - MAY</div> <div> <div>MONDAY THROUGH FRIDAY</div> <div>8 - 11 AM</div> </div> <div> <div>SATURDAY</div> <div>4 - 8 PM</div> </div> <div> <div>SATURDAY</div> <div>8 AM - 12 PM</div> </div> <div> <div>SUNDAY</div> <div>CLOSED</div> </div> <div> <div>NO ENTRY 30 MINUTES PRIOR TO CLOSE</div> </div> </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\***