



Group Fitness Calendar

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Monday

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

Tuesday

Q - 5:15
Queenax Circuit-Mike
A - 8:30
Tabata-Kristen
A - 9:30
Pilates-LeeAnn
A - 10:30
Stretch-Kristen

Wednesday

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

Thursday

Q - 5:15
Queenax Circuit-Mike
A - 8:30
Tabata-Kristen
A - 9:30
Pilates-LeeAnn
A - 10:30
Stretch-Kristen

Friday

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

Saturday

C - 7:30
Saturday Cycle-Lindsay
A - 8:30
Zumba-Bryonna

CHILDWATCH &
KIDFIT ZONE
HOURS

SEPTEMBER - MAY

MONDAY 8 - 11 AM
THROUGH 4 - 8 PM

SATURDAY 8 AM - 12 PM

SUNDAY CLOSED



NO ENTRY 30 MINUTES PRIOR TO CLOSE

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