



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 - 9:30 Pilates-Dorene A - 10:30 Stretch-Kristen	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 - 9:30 Pilates-Megan A - 10:30 Stretch-Kristen	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						
	P M	C - 5:30 Evening Cycle-Shaun A - 5:30 Zumba-Bryonna A - 6:15 Cardio Kickbox-Joe A - 7:00 Conditioning-Joe	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 style="border: 2px solid purple; padding: 5px; text-align: center;"> CHILDWATCH & KIDFIT ZONE HOURS SEPTEMBER - MAY </div> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px dotted black;">MONDAY THROUGH FRIDAY</td> <td style="border-bottom: 1px dotted black; text-align: right;">8 - 11 AM 4 - 8 PM</td> </tr> <tr> <td style="border-bottom: 1px dotted black;">SATURDAY</td> <td style="border-bottom: 1px dotted black; text-align: right;">8 AM - 12 PM</td> </tr> <tr> <td>SUNDAY</td> <td style="text-align: right;">CLOSED</td> </tr> </table> <div style="text-align: center; margin-top: 10px;"> <small>NO ENTRY 30 MINUTES PRIOR TO CLOSE</small> </div>	MONDAY THROUGH FRIDAY	8 - 11 AM 4 - 8 PM	SATURDAY	8 AM - 12 PM	SUNDAY
MONDAY THROUGH FRIDAY	8 - 11 AM 4 - 8 PM											
SATURDAY	8 AM - 12 PM											
SUNDAY	CLOSED											

A - Aerobics Studio
C - Cycling Room
Q - Queenax Room

Schedule updated 2-1-26

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