



# 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 - 9:30 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
	<b>P M</b>	C - 5:30 Evening Cycle-Shaun  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

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\***

Schedule updated 2-22-26