



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 - 9:45 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 - 9:45 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 - 9:45 Queenax Boost-Maria A - 11:00 Senior Fit-Maria	C - 7:30 Saturday Cycle-Lindsay
	P M	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 3-7-26