



GROUP FITNESS CALENDAR

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AM

PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
C – 5:15 Early Bird Cycling – Mike	Q – 5:15 Queenax Circuit – Mike	C – 5:15 Early Bird Cycling – Mike	Q – 5:15 Queenax Circuit – Mike	C – 5:15 Early Bird Cycling – Mike	C – 7:30 Saturday Cycle – Lindsay
A – 8:30 Morning Yoga – Chris	A – 8:30 Tabata – Kristen	A – 8:30 Vinyasa Yoga – Jen	A – 8:30 Tabata – Kristen	A – 8:30 Morning Yoga – Chris	
Q – 9:45 Queenax Boost – Maria	A – 9:30 Pilates – Dorene	Q – 9:45 Queenax Boost – Maria	A – 9:30 Pilates – Megan	Q – 9:45 Queenax Boost – Maria	
A – 11:00 Senior Fit – Maria	A – 10:30 Stretch – Kristen	A – 10:00 Tai Chi – Ruth	A – 10:30 Stretch – Kristen	A – 10:00 Tai Chi – Ruth	
		A – 11:00 Senior Fit – Maria		A – 11:00 Senior Fit – Maria	
C – 5:30 Evening Cycle – Shaun	C – 5:30 Evening Cycle – Shaun	C – 5:30 Evening Cycle – Shaun	C – 5:30 Evening Cycle – Lindsay	A – 6:00 Hatha Yoga – Joe	
A – 6:15 Cardio Kickbox – Joe	A – 7:00 Yoga – Karla	A – 6:15 Cardio Kickbox – Joe	A – 7:00 Yoga – Karla		
A – 7:00 Conditioning – Joe		A – 7:00 Conditioning – Joe			

A A – Aerobics Studio **C** C – Cycling Room **Q** 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

CHILD WATCH & KIDFIT ZONE HOURS

JUNE–AUGUST

MONDAY–FRIDAY	8:00 AM – 12:00 PM 4:00 PM – 7:00 PM
SATURDAY	8:00 AM – 12:00 PM
SUNDAY	CLOSED



Schedule updated 5–23–26