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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  Boot Camp - Gyms A & B 6:00 - 6:45 AM – Josh & VanessaSenior Strength and Stretch – Fitness Center8:15 – 9:15 AM – SarahCardio Dancing – Small Gym8:30 – 9:30 AM – Ellen/RobinClass on 9/11 onlyActive Adult Total Fitness – Gym A8:45 – 9:45 AM – SueCore Conditioning – Small Gym9:45 – 10:30 AM – Ellen/KristiCycle-Strength Fusion – Cycling Room & Gym B 9:30-10:30 AM - LeliaTai Chi – Teen Center10:30 – 11:30 AM - EvanGentle Yoga – Small Gym11:00AM – 12:00PM – VanessaIndoor Cycling – Cycling Room12:10-12:50 PM - JoshPickleball – Gyms A & B1:00 – 3:00 PMIndoor Cycling – Cycling Room6:00-7:15 PM - VanessaPiYo – Small Gym 6:00 – 7:00 PM – KristiZumba – Gym A 6:00 – 7:00 PM – JoannAdult Pick-Up Basketball8:00 – 10:00 PM – Gym B | Indoor Cycling – Cycling Room6:00 – 6:45 AM – Danielle/AnnAdult Pick Up Basketball 6:30 – 8:00 AMGyms A&BAdult Swim – Rec. Pool6:00 – 7:00 AM – Josh & JenPickleball – Gyms A & B8:00 – 9:30 AMGym & Swim9:00-10:00 AM (9:00 to 9:30 in the small gym, 9:30 to 10 in the Therapy Pool) - ChristinacardioBARRE – Small Gym9:30 – 10:30 AM – Vanessa Cycle-Strength Fusion – Cycling Room & Gym B9:30 – 10:30 AM - JoshZumba Gold – Gym A10:00 – 11:00 AM – JoannIyengar Yoga – Small Gym11:00 AM – 12:00 PM – PegPickleball – Gym B12:00 – 1:30 PMBoot Camp - Gym A 12:05 – 12:50 PM – JoshTotal Body HIIT – NEW CLASS – Gym A6:00-7:00 PM - LaurenYoga – Small Gym5:45 – 6:45 PM – KerriIndoor Cycling – Cycling Room6:30 – 6:45 PM – TanyaAdult Pick-Up Volleyball7:30 – 10:00 PM Gym A | Boot Camp - Gyms A & B 6:00 - 6:45 AM – Josh & VanessaSenior Strength and Stretch – Fitness Center8:15 – 9:15 AM – SarahCardio Dancing – Small Gym8:30 – 9:30 AM – Ellen/RobinClass on 9/6, 9/13 onlyActive Adult Total Fitness – Gym A8:45 – 9:45 AM - SueRunning Club-Lobby 9:30-10:30 AM - JoshCore Conditioning – Small Gym9:45 – 10:30 AM - KristiZumba – Gym A 10:00 -11:00 AM – RebeccaGentle Spin – Cycling Room10:00-10:45 AM - AmyGentle Yoga – Small Gym11:00AM – 12:00PM – LoriPickleball – Gym B11:00 AM – 1:00 PMIndoor Cycling – Cycling Room12:10-12:50 PM - JoshZumba – Gym A 6:00 – 7:00 PM – JoannYouth Tang Soo Do Karate – Small Gym6:30 – 8:00 PM – TerryTang Soo Do Karate – Small Gym8:00-9:15 PM - TerryAdult Pick-Up Basketball8:00 – 10:00 PM – Gym B | Indoor Cycling – Cycling Room6:00 – 6:45 AM –CaroleeAdult Pick Up Basketball 6:30 – 8:00 AMGyms A&BAdult Swim – Rec. Pool6:00 – 7:00 AM – Josh & JenPickleball – Gyms A & B8:00 – 9:30 AMIyengar Yoga – Small Gym9:30 – 10:30 AM – Brucie/KateCycle-Strength or Pilates Fusion – Cycling Room & Gym B9:30-10:30 AM – Lelia/AmyZumba Gold – Gym A10:00 – 11:00 AM – JoannPlay Pals – Small Gym10:45 – 11:45 AMBoot Camp - Gym A 12:05 – 12:50 PM – JoshZumba Strong – NEW CLASS!!!6:00 – 7:00 PM Shianne Indoor Cycling – Cycling Room6:30 – 7:15 PM – TanyaYouth Tang Soo Do Karate – Small Gym6:30 – 8:00 PM – BrianOpen Rock Climbing – Small Gym8:00 – 10:00 PMAdult Pick-Up Volleyball 7:30 – 10:00 PM Gym A | Boot Camp - Gyms A & B 6:00 - 6:45 AM – Josh & VanessaCardio Dancing – Small Gym8:30 – 9:30 AM – Ellen/RobinClass on 9/15 onlyActive Adult Total Fitness – Gym A8:45 – 9:45 AM – SueCore Conditioning – Small Gym9:45 – 10:30 AM – KristiGentle Yoga – Small Gym11:00AM – 12:00PM – VanessaIndoor Cycling – Cycling Room12:10-12:50 PM - JoshPickleball – Gyms A & B1:00 – 3:00 PM Ladies on the Rocks 5:30 – 7:00 PM (Sept 15 – Nov 17)Open Rock Climbing – Small Gym7:00 – 10:00 PM |
| Saturday |
| Zumba – Gym A9:30 – 10:30 AM – MelissaIndoor Cycling – Cycling Room9:00 – 9:45 AM – Instructor Varies |
| Sunday |
| Youth Rock Climbing – Small GymTBDOpen Rock Climbing – Small GymStart Date - TBD |

**Green indicates Senior Classes (registration required, available online) Blue indicates Youth and Family Classes (registration required, available online)**

**Red indicates Cycling Classes (included in $20 Monthly Unlimited Package) See reverse side for class descriptions and session dates.**

**MOST other classes are included in the $20 Monthly Unlimited Package. See front desk to sign up.**

**\*Schedule is subject to change\***