

# Group Fitness Schedule

Summer 2024

## Group X

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
6:30		Morning HIIT 30		Morning HIIT 30			
8:00			Barre Strength				
9:00	Strength Pump	Strength Pump	Mat Pilates	Mat Pilates	Barre Strength		
10:00		Danz Urbano	Zumba	Slow Flow Yoga	Vinyasa Yoga	Buti Yoga	Club Dance
11:00						Danz Urbano	Gentle Yoga
12:00		Tai Chi		Tai Chi			
4:30 p.m.		Barre Flow					
5:30 p.m.	Vinyasa Yoga	Power Vinyasa	Vinyasa Yoga	Barre Strength			
6:30 p.m.			Club Dance	WARRIOR Rhythm			

## Mind Body

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
7:00		Align & Flow Yoga		Align & Flow Yoga			
9:00		Buti Yoga		Buti Yoga			
10:00							Vinyasa Yoga
11:00				Chair Yoga			
6:30 p.m.	WARRIOR Strength	Yin & Restorative Yoga					

## Reformer (\$)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
10:00						Level 1-2	
10:30	Level 2-3						
11:30	Level 1-2				Level 1-2		
6:30 p.m.		Level 1-2					

# Club Zone (\$)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
6:00	Strength Zone		Enduro Zone		Power Zone		
9:00	Strength Zone	Power Zone	Enduro Zone	Strength Zone	Power Zone	Enduro Zone	
1:00		Barbell Strength 50+		Barbell Strength 50+			
5:30 p.m.	Strength Zone	Power Zone	Enduro Zone	Strength Zone			

# Spin

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
6:00	Cycle 30	Cycle 30	Cycle 30	Cycle 30			
5:30 p.m.	EnduroCycle	Power Cycle					

# Central

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
4:30 p.m.		Club4Kidz Agility Games	Club4Kidz Agility Games				
5:30 p.m.		Club4Kidz Sports Conditioning	Club4Kidz Sports Conditioning	Club4Kidz Sports Conditioning			
	Boxing		Boxing				
5:45 p.m.		Bootcamp					

# Aquatics

**Pool Hours:** Monday - Friday 5 AM - 8 PM, Saturday & Sunday 7 AM - 6 PM

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sunday
8:00							Adult Swim Clinic
9:00							8:00 - 9:30 AM
9:30	Aqua Fit		Aqua Fit		Aqua Fit		
10:00						Group Swim Lessons	Group Swim Lessons
10:45	Aqua Fit		Aqua Yoga		Aqua Yoga	10:00 AM - 12 PM	10:00 AM - 12 PM
11:00							
3:00						Family Swim	Family Swim
4:00	Family Swim	Group Swim Lessons	Family Swim	Group Swim Lessons	Family Swim	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM
5:00	4:00 PM - 6:00 PM		4:00 PM - 6:00 PM		4:00 PM - 6:00 PM		
6:00	Aqua Fit	4:00 PM - 7:00 PM	Aqua Fit	4:00 PM - 7:00 PM			

Two lap swim lanes guaranteed during pool hours. Private swim instruction available.



**Mill Creek:** 1570 Betty Ct, McKinleyville • (707) 267-7525

**Central:** 2197 Central Ave, McKinleyville • (707) 839-2582