

# Group Fitness Schedule *By Room*



Winter 2025

*Spin*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle 30	Cycle 30	Cycle 30	Cycle 30			
9:00 AM							Power Cycle
5:30 PM	EnduroCycle	WARRIOR Revolution		WARRIOR Revolution			

*Group X*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		Morning HIIT 30		Morning HIIT 30			
8:00 AM			Pilates Barre				
9:00 AM	Strength Pump	Strength Pump	Mat Pilates	Mat Pilates	Pilates Barre		
10:00 AM	Zumba	Danz Urbano	Zumba	Slow Flow Yoga	Vinyasa Yoga	Buti Yoga	Club Dance
11:00 AM						Danz Urbano	Gentle Yoga
12:00 PM		Tai Chi		Tai Chi			
4:30 PM	Mat Pilates	Pilates Barre		Pilates Barre			
5:30 PM	Vinyasa Yoga	Power Vinyasa	Vinyasa Yoga				
6:30 PM	WARRIOR Strength	Zumba	Club Dance	WARRIOR Rhythm			

*Mind Body*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM		Align & Flow Yoga		Align & Flow Yoga			
9:00 AM		Buti Yoga		Buti Yoga			
10:00 AM							Vinyasa Yoga
11:00 AM		Chair Yoga		Chair Yoga			
5:30 PM							
6:30 PM		Yin & Restorative Yoga	Mat Pilates				

*Club Zone (\$)*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Strength Zone		Enduro Zone		Power Zone		
9:00 AM	Strength Zone	Power Zone	Enduro Zone	Strength Zone	Power Zone	Enduro Zone	
1:00 PM		Barbell Strength 50+		Barbell Strength 50+			
5:30 PM		Power Zone	Enduro Zone	Strength Zone			

*Reformer (\$)*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Level 1-2	
10:30 AM							
11:30 AM	Level 1-2						
6:30 PM		Level 1-2					

*Central*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM		Club4Kidz Agility Games	Club4Kidz Agility Games				
5:30 PM		Club4Kidz Sports Conditioning	Club4Kidz Sports Conditioning	Club4Kidz Sports Conditioning			
	Boxing (\$)		Boxing (\$)				
5:45 PM		Bootcamp					
6:15 PM				Bootcamp			

# Aquatics Pricing List



2025

## 30 Minute Single Child Lesson

Member Pricing		Non Member Pricing
1 Lesson	\$35	\$40
4-Pack of lessons	\$136	\$156
8 Pack of lessons	\$256	\$304

## 30 Minute Duo Lesson (Per Child)

Member Pricing		Non Member Pricing
1 Lesson	\$22.50 Each	\$25 Each
4-Pack of lessons	\$85 Each	\$95 Each
8 Pack of lessons	\$164 Each	\$182 Each

## Group Lessons

Member Pricing (Tuesday & Thursday)	Non Member Pricing (Tuesday & Thursday)	Saturday or Sunday Only Classes
Baby And Me (6 Months & Older)	Not Available	\$65 For Members \$74 for Non Members
Froggies (3+)	\$130	
Sea Otters	\$130	
Dolphins	\$130	

## Aquatics Schedule

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							\$ Adult Swim Clinic 8:00 - 9:30 AM
9:00							
9:30	Aqua Fit		Aqua Fit		Aqua Fit		
10:00							Group Swim Lessons 10:00 AM - 12 PM
10:45	Aqua Fit		Aqua Yoga		Aqua Yoga		
11:00							
3:00						Family Swim 12:00 PM - 4:00 PM	Family Swim 12:00 PM - 4:00 PM
4:00	Family Swim 4:00 PM - 7:00 PM	Group Swim Lessons 4:00 PM - 7:00 PM	Family Swim 4:00 PM - 7:00 PM	Group Swim Lessons 4:00 PM - 7:00 PM	Family Swim 4:00 PM - 7:00 PM		
5:00							
6:00	Aqua Fit		Aqua Fit				

Two lap swim lanes guaranteed during pool hours.



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

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

