

Group Fitness Schedule *By Room*



Spring 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	Cycle 30		Cycle 30			

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			
5:45 PM	Vinyasa Yoga	Power Vinyasa	Vinyasa Yoga				
7:00 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		Chair Yoga	
5:30 PM			Mat Pilates				
6:30 PM		Yin & Restorative Yoga		Body Sculpt			

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	EnduroZone	Power Zone	Enduro Zone	Strength Zone			

Reformer (\$)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Level 1-2	
11:30 AM	Level 1-2						
5:30 PM	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 Weekly Schedule

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	POOL OPEN						
6:00							
7:00						POOL OPEN	
8:00							Adult Swim Clinic 8:00 - 9:30 AM
9:00							
9:30	Aqua Fit		Aqua Fit		Aqua Fit	Group Swim Lessons 10:00 AM - 12:00 PM	
10:00							
10:45	Aqua Fit		Aqua Yoga		Aqua Yoga		
11:45							
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		Family Swim 4:00 PM - 7:00 PM		Family Swim 4:00 PM - 7:00 PM	POOL CLOSED	
5:00							
6:00							
6:30		Aqua Fit		Aqua Fit		*Seasonal pool events 4:30 PM - 7:30 PM	
8:00	POOL CLOSED						

Two lap swim lanes guaranteed during pool hours.

