

# Group Exercise Classes



FALL 2025

## Spin Studio

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 Studio

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 Pilates	Vinyasa Yoga	Buti Yoga	Club Dance
11:00 AM						Danz Urbano	Gentle Yoga
12:00 PM		Tai Chi		Tai Chi			
4:00 PM	C4K	Pilates Barre @ 4:30	C4K	Pilates Barre @ 4:30			
5:30 PM	Vinyasa Yoga	Power Vinyasa	Vinyasa Yoga				
7:00 PM		Zumba	Club Dance				

## Mind Body Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Roll & Flow	Align & Flow Yoga	Roll & Flow	Align & Flow Yoga			
9:00 AM		Buti Yoga		Buti Yoga			
10:00 AM							Vinyasa Yoga
11:00 AM		Chair Yoga		Chair Yoga			
12:00 PM						Chair Yoga	
4:00 PM	Gentle w Ali						
6:30 PM	Body Sculpt	Yin & Restorative Yoga					

## Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM	Aqua Fit		Aqua Fit		Aqua Fit		
10:30 AM							
11:30 AM	Aqua Yoga		Aqua Yoga		Aqua Yoga		
12:00 PM	10:45 AM - 11:45 AM		10:45 AM - 11:45 AM		10:45 AM - 11:45 AM	FAMILY SWIM	FAMILY SWIM
4:00 PM	FAMILY SWIM		FAMILY SWIM		FAMILY SWIM		
6:00 PM		Aqua Fit		Aqua Fit			
7:00 PM							

## Central Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 PM		Bootcamp		Bootcamp			

# Additional Cost \$ Classes



FALL 2025

## Reformer (\$)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM					Level 3: ATHLETIC WORKSHOP 3-week series		
10:00 AM						Level 1-2	
10:30 AM	Level 1-2						
12:00 PM		Level 1-2					
4:30 PM			Level 1-2				
6:30 PM		Level 2					
Reformer private sessions are available! *See below							

## Club Zone (\$)

\*Platinum Membership Perk

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+ 1:00PM-2:30PM		Barbell Strength 50+ 1:00PM-2:30PM		
2:00 PM							
4:30 PM		Power Zone		Strength Zone			
5:30 PM	Strength Zone		Enduro Zone				

## BOXING @ Central Location (\$)

\*Platinum Membership Perk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 PM	Boxing (\$)		Boxing (\$)				
Boxing private sessions are available! *See below							

## Add-On's

Class	Drop-In	5-Pack	10-Pack
ClubZone	\$15	\$60	\$100
Barbell 50+			
Boxing			
Reformer	\$25	\$99	\$189
Your first class is COMPLIMENTARY on us!			

## Private Sessions

Private Session	Single Session	3-Pack	5-Pack	10-Pack
Reformer	\$75		\$360	\$680
Boxing		\$150		

# 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 *comes with Platinum	
9:00								
9:30	Aqua Fit		Aqua Fit		Aqua Fit			
10:00								
10:45	Aqua Fit		Aqua Yoga		Aqua Yoga			
12:00								
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		Family Swim 4:00 PM - 7:00 PM		Family Swim 4:00 PM - 7:00 PM	Pool parties 4:00 PM - 6:00PM	Pool parties 4:00 PM - 6:00PM	
5:00		Aqua Fit				Aqua Fit	POOL CLOSED	
6:00								
6:30								*Seasonal pool events 4:30 PM - 7:30 PM
8:00	POOL CLOSED							

Two lap swim lanes guaranteed during pool hours.

Pool parties available Saturday & Sundays!

