

Group Exercise Classes



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	Yoga Flow	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		Chair Yoga	
12:00 PM							
4:00 PM	Gentle Yoga						
6:30 PM	Body Sculpt	Yin & Restorative Yoga	Body Sculpt				

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



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						
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							
5:30 PM	Strength Zone	Power Zone	Enduro Zone	Strength 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! *ClubZone, Barbell 50+ & Boxing are Platinum Membership Perks!			

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							
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		
5:00							
6:00	Barracudas Swim Class 5:15 PM - 6:30 PM	Aqua Fit	Barracudas Swim Class 5:15 PM - 6:30 PM	Aqua Fit	Family Swim 4:00 PM - 7:00 PM	POOL CLOSED	
6:30							*Seasonal pool events 4:00 PM - 7:00 PM
8:00	POOL CLOSED						

Two lap swim lanes guaranteed during pool hours.

Pool Parties available Saturdays & Sundays!

