

# Group Exercise Classes

## Cycle Studio

Building Hours: M-F: 5:00AM-9:00PM SAT/SUN: 7:00AM-7:00PM

2026

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	Power Cycle & Mobility (45 min)					

## Group X Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		Morning HIIT 30		Morning HIIT 30			
8:00 AM		Vinyasa Yoga	Pilates Barre				
9:00 AM	Strength Pump	Strength Pump	Mat Pilates	Mat Pilates	Pilates Barre		Club Dance
10:00 AM	Zumba	Danz Urbano	Zumba	Yoga Flow	Vinyasa Yoga	Buti Yoga	Vinyasa Yoga
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				
6:45 PM	Body Sculpt @ 6:30	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							
11:00 AM		Chair Yoga		Chair Yoga		Chair Yoga	
12:00 PM							
4:00 PM	Gentle Yoga						
6:30 PM		Yin & Restorative Yoga	Body Sculpt				

## Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM	Aqua Fusion 9:30 AM-11:00 AM		Aqua Fusion 9:30 AM-11:00 AM		Aqua Fusion 9:30 AM-11:00 AM		
10:30 AM							
11:00 AM							
12:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							

## Central Location

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

# Additional Cost \$ Classes



2026

Building Hours:

M-F: 5:00AM-9:00PM  
SAT/SUN: 7:00AM-7:00PM

## Reformer (\$)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM					Level 3: Athletic		
10:00 AM		Level 1-2				Level 1-2	
10:30 AM	Level 1-2						
4:30 PM			Level 1-2				
5:30 PM		Level 1-2					

## Reformer Class Pricing

	Drop-In	5-Pack	10-Pack
Member	\$25	\$99	\$189
Non-Member	\$30	\$109	\$210
Your first class is <b>COMPLIMENTARY</b> on us!			

## 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			

## ClubZone Class Pricing

	Drop-In	5-Pack	10-Pack
Member	\$15	\$60	\$100
Non-Member	\$20	\$75	\$120
Your first class is <b>COMPLIMENTARY</b> on us!			
<b>*ClubZone &amp; Barbell 50+ are Platinum Membership Perks!</b>			

# Aquatics Weekly Schedule

2026

**Building Hours:**

M-F: 5:00AM-9:00PM  
SAT/SUN: 7:00AM-7:00PM

**Pool Hours:**

M-F: 5:00AM - 8:00PM  
SAT/SUN: 7:00AM-6:00PM

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 Fusion 9:30AM- 11:00AM		Aqua Fusion 9:30AM- 11:00AM		Aqua Fusion 9:30AM- 11:00AM		
10:00							
11:00							
12:00							
1:00							
2:00							
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				
5:00						Pool Parties 4:00 PM - 6:00PM	Pool Parties 4:00 PM - 6:00PM
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 @ 6:00 PM	
6:30							
8:00	POOL CLOSED @ 8:00 PM						

Two lap swim lanes guaranteed during pool hours.

Children under 14 are only allowed during Family Swim times.  
14+ can access the Spa

