

# 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		HIIT 30		HIIT 30			
8:00 AM		Vinyasa Flow @ 7:45	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	FAMILY SWIM 4:00 PM - 7:00 PM		FAMILY SWIM 4:00 PM - 7:00 PM		FAMILY SWIM 4:00 PM - 7:00 PM	FAMILY SWIM 12:00 PM-4:00 PM	FAMILY SWIM 12:00 PM-4:00 PM		
5:00 PM		Barracuda's 5:15 PM-6:30 PM							
6:00 PM		Aqua Fit				Aqua Fit		Pool Parties 4:00PM-6:00PM	Pool Parties 4:00PM-6:00PM
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 1-2		Level 1-2		Level 3: Athletic		
10:00 AM		Level 1-2		Level 1-2			
10:30 AM	Level 2						Level 1-2
4:30 PM			Level 1-2	Level 1-2			
5:30 PM	Level 1-2	Level 1-2					

## Reformer Class Pricing

	Drop-In	5-Pack	10-Pack
Member	\$25	\$99	\$189
Non-Member	\$38	\$170	\$300
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	Total 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		Power Zone		Strength Zone			

## ClubZone Class Pricing

	Drop-In	5-Pack	10-Pack
Member	\$15	\$60	\$100
Non-Member	\$25	\$110	\$200
Your first class is <b>COMPLIMENTARY</b> on us!			
*ClubZone & Barbell 50+ are Platinum Membership Perks!			

# REFORMER UPDATE:



## No-show fee:

- If you do not show up to a class, but are still registered, your package will be pulled from or you will be charged the full amount for a class as a member/non-member.
- PLEASE make sure to call ahead and ask the Front Desk to “un-register” you when you know you are not going to be able to come to avoid this transaction!
- We appreciate your understanding and willingness to make the space available in our very limited studio!

## New Schedule: Effective March 1<sup>st</sup>, 2026

**\*Court’s classes begin March 9th**

MON	TUES	WED	THURS	FRI	SAT	SUN
Kiana Level 1-2 @ 9:00 AM		Court Level 1-2 @ 9:00 AM		Sarah Level 3 @ 9:00 AM		
Sarah Level 2 @ 10:30 AM	Kiana Level 1-2 @ 10:00 AM		Court Level 1-2 @ 10:00 AM			Court LEVEL 1-2 @ 10:30AM
Court Level 1-2 @ 5:30 PM	Kay Level 1-2 @ 5:30 PM	Kay Level 1-2 @ 4:30 PM	Court Level 1-2 @ 4:30 PM			

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