

# 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			
9:00 AM							Power Cycle
5:30 PM	EnduroCycle		Power Cycle				

## Group X Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		HIIT 30		HIIT 30			
8:00 AM			Pilates Barre				
9:00 AM	Strength Pump	Strength Pump	Pilates Sculpt	Mat Pilates	Pilates Barre		Club Dance
10:00 AM	Zumba	Danz Urbano	Zumba	Yoga Flow	Vinyasa Yoga	Buti Yoga	Vinyasa Yoga
11:00 AM				Strength Cardio		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		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		Somatic Chair Yoga @ 10:15		Somatic Chair Yoga @ 10:15	
12:00 PM							
4:00 PM							
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 12:00 PM-4:00 PM	FAMILY SWIM 12:00 PM-4:00 PM
5:00 PM							
6:00 PM	FAMILY SWIM 4:00 PM - 7:00 PM	Barracuda's 5:15 PM-6:30 PM	FAMILY SWIM 4:00 PM - 7:00 PM	Barracuda's 5:15 PM-6:30 PM	FAMILY SWIM 4:00 PM - 7:00 PM	Pool Parties 4:00PM-6:00PM	Pool Parties 4:00PM-6:00PM
7:00 PM		Aqua Fit		Aqua Fit			

## Central Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 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						
10:00 AM		Level 1-2		Level 1-2		Level 1-2	
10:30 AM	Level 2		Level 1-2		Level 3: Athletic		
4:30 PM			Level 1-2				
5:00 PM	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	
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!			

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

# REFORMER

## MEMBER:

1- CLASS: \$25

5-PACK: \$99

10-PACK: \$189

## NON-MEMBER:

1- CLASS: \$38

5-PACK: \$179

10-PACK: \$300



**\*1<sup>st</sup> class is complimentary!\***