

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				

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		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		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				
9:00 AM		Buti Yoga		Buti Yoga			
10:00 AM				Somatic Chair Yoga @ 10:15			
11:00 AM		Chair Yoga	Mindful Yoga			Somatic Chair Yoga @ 11:15	
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				Level 3: Athletic		
10:00 AM		Level 1-2		Level 1-2 (back Nov 5th)		Level 1-2	
10:30 AM	Level 2						
5:00 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	\$38	\$170	\$300
Your first class is ON US!!!			

Club Zone (\$)

*Platinum Membership Perk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Strength - Lower		Strength - Upper		Strength - Full	
9:00 AM	Strength - Lower	Strength - Upper	Strength - Full	Strength - Lower	Strength - Upper	Strength - Full
1:00 PM			Barbell Strength 50+ 1:00PM-2:30PM		Barbell Strength 50+ 1:00PM-2:30PM	
2:00 PM						
5:30 PM		Strength - Upper				
6:00 PM				Strength - Lower		

ClubZone Class Pricing

	Drop-In	5-Pack	10-Pack
Member	\$15	\$60	\$100
Non-Member	\$25	\$110	\$200
Your first class is ON US!!!			
*ClubZone & Barbell 50+ incuded with Platinum Membership!			

MON	TUES	WED	THURS	FRI	SAT
Kiana 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 (back Nov 5th)		Grace Level 1-2 10:00 AM
Court Level 1-2 5:00 PM	Grace Level 1-2 5:30 PM				

REFORMER

MEMBER:

1- CLASS: \$25

5-PACK: \$99

10-PACK: \$189

NON-MEMBER:

1- CLASS: \$38

5-PACK: \$170

10-PACK: \$300



1st class is complimentary!



CLUBZONE

Mon

Tues

Wed

Thurs

Fri

Sat

Strength/Lower
6:00 AM

Strength/Upper
6:00 AM

Strength/Full
6:00 AM

Strength/Lower
9:00 AM

Strength/Upper
9:00 AM

Strength/Full
9:00 AM

Strength/Lower
9:00 AM

Strength/Upper
9:00 AM

Strength/Full
9:00 AM

Barbell Strength 50+
1:00 PM-2:30 PM

Barbell Strength 50+
1:00 PM-2:30 PM

Strength/Lower
5:30 PM

Strength/Upper
6:00 PM