

Group Fitness Schedule

Monday

8:00-9:00 AM	Steppin' Up (Melanie)
9:15-10:15 AM	Fit Forever (Linda)
10:30-11:30 AM	Chair Yoga (Linda)
4:15-5:15 PM	Pilates (Joanne)
5:30-6:45 PM	Kettlebell Yoga (Jan)
7:00-8:00 PM	Cardio Cycle (Veronica)

Wednesday

8:00-9:00 AM	Steppin' Up (Melanie)
9:15-10:15 AM	Fit Forever (Linda)
10:30-11:30 AM	Chair Yoga (Linda)
5:30-6:30 PM	Gentle Yoga (Tiya)

Friday

9:00-10:30 AM	Kettlebell Yoga (Jan) A&B
9:15-10:15 AM	Fit Forever (Linda)
10:30-11:30 AM	Chair Yoga (Linda)

Tuesday

8:00-9:00 AM	Step & Tone (Melanie)
9:15-10:15 AM	Silver Sneakers Classic (Dina)
10:30-11:30 AM	Dance Cardio (Paul)
5:30-6:30 PM	Zumba (Nayda)
6:45-7:45 PM	Kettle Core Fusion (Jessica)

Thursday

8:00-9:00 AM	Step & Tone (Melanie)
9:15-10:15 AM	Silver Sneakers Classic (Dina)
10:30-11:15 AM	Tabata (Paul)
5:30-6:30 PM	Stability Strength (Kay Leigh)
6:45-7:15 PM	Cardio Core (Kay Leigh)

Saturday

7:45-8:45 AM	Pilates (Joanne)
9:00-10:00 AM	Steppin' Up (Melanie)

- Group fitness classes are included in Annual and Monthly memberships.
- Single class passes are \$5 per class.
- Classes are subject to be cancelled or changed without prior notice.
- All classes will be held in the Group Fitness Studio unless otherwise denoted on the schedule.
- Please notify the instructor before class if you are new to the class or require modifications.

Schedule effective March 2-May 31, 2026