

GROUP FITNESS CLASSES

October 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
	6:00-7:00 AM BREAKFAST BOOTCAMP w/ Michael Wellness Room C	6:00-7:00 AM BREAKFAST BOOTCAMP w/ Michael Wellness Room C	6:00-7:00 AM BREAKFAST BOOTCAMP w/ Michael Wellness Room C	6:00-7:00 AM BREAKFAST BOOTCAMP w/ Michael Wellness Room C	6:00-7:00 AM BREAKFAST BOOTCAMP w/ Drew Wellness Room C	
	 8:30-9:30 AM LOW IMPACT HIIT w/ Gail Wellness Room C	 8:30-9:30 AM CHAIR YOGA w/ Karen Wellness Room C	 8:30-9:30 AM STEP & STRENGTH w/ Gail Wellness Room C	 8:30-9:30 AM CHAIR YOGA w/ Karen Wellness Room C	 8:30-9:30 AM CARDIO CORE & FLOOR w/ Gail Wellness Room C	8:30-9:30 AM TABATA w/ Michael Wellness Room C
					8:45-9:45 AM DIG DEEP w/ Heidi Deep End of Pool	
	9:30-10:30 AM BARBELL STRENGTH w/ Jenna Wellness Room C	 9:30-10:30 AM STRETCH & MOBILITY w/ Kelly Wellness Room C				9:30-10:30 AM ZUMBA w/ Gail Wellness Room C
			9:45-10:45 AM GENTLE YOGA w/ Karen Wellness Room C	9:45-10:45 AM BARBELL STRENGTH w/ Jenna Wellness Room C		
	 10:00-11:00 AM AQUA FIT w/ Christy Competition Pool	10:00-11:00 AM AQUA THERAPY w/ Heidi Therapy Pool	 10:00-11:00 AM AQUA FIT w/ Deb Competition Pool	10:00-11:00 AM AQUA THERAPY w/ Heidi Therapy Pool	 10:00-11:00 AM AQUA FIT w/ Christy Competition Pool	
					10:00-11:00 AM PILATES w/ Gail Wellness Room C	
	11:00-12:00 PM RESTORATIVE YOGA w/ Jenna Wellness Room C		11:00-12:00 PM SLOW FLOW YOGA w/ Karen Wellness Room C	11:00-12:00 PM RESTORATIVE YOGA w/ Jenna Wellness Room C		
	 4:30-5:30 PM TEMPLE TRAINING w/ Ivie Jo Wellness Room C	4:30-5:30 PM TABATA w/ Michael Wellness Room C	4:30-5:30 PM TEMPLE TRAINING w/ Ivie Jo Wellness Room C	4:30-5:30 PM TABATA w/ Michael Wellness Room C		
	4:30-5:30 PM BOOT CAMP w/ Michael Wellness Room B		4:30-5:30 PM BOOT CAMP w/ Michael Wellness Room B			
	5:30-6:30 PM BARRELATES w/ Gail Wellness Room C	5:30-6:30 PM STEP AEROBICS w/ Gail Wellness Room C	5:30-6:30 PM ZUMBA w/ Gail Wellness Room C	5:30-6:30 PM CORE & MORE w/ Gail Wellness Room C	5:30-6:30 PM PILATES w/ Gail Wellness Room C	



= Classes included with Silver & Fit / Silver Sneakers & Renew Active programs