

Group Exercise Schedule

Updated 6/15/24

	MON	TUE	WED	THUR	FRI	SAT
5:30AM		MASTERS SWIM SCOTT		MASTERS SWIM SCOTT		
6:00AM	SPIN AMBER		CYCLE BEATS HALSEY		SPIN EDEN	
6:30AM		The ZONE* AGUSTINA		The ZONE* AGUSTINA		
8:30AM		VINYASA YOGA JEAN		VINYASA YOGA JEAN		
9:00AM	ASHTANGA YOGA ASTRYD FIGHT ELIZABETH (30) The ZONE* JEN	AQUA-FIT CRAIG WARRIOR BUILD MARY (30)	HATHA YOGA GLEN GROUP POWER NICOLE The ZONE* JEN	AQUA-FIT CRAIG	ASHTANGA YOGA MATT CYCLE BEATS MARY (30)	GROUP POWER BECCA
9:30AM	FLOW ELIZABETH (30)	CYCLE BEATS MARY (30)			WARRIOR BUILD MARY (30)	
10:00AM		CARDIO FUNK NATE (45)			WARRIOR FLOW MARY (30)	The ZONE* TERI
10:15AM						SPIN JEN WARRIOR STRENGTH AMY
10:30AM	CARIDO DANCE MARIANNE				PILATES MAT II MARILYN	VINYASA FLOW TAMMY(90)
10:45AM		PILATES MAT II MARILYN				
11:00AM	AQUA-FIT MARSHA	FIT4LIFE MARIANNE	AQUA-FIT MARSHA ELLOVE CHELSEA	FIT4LIFE LORI	AQUA-FIT MARSHA ELLOVE CHELSEA (45)	
12:00PM	CYCLE BEATS HALSEY FLOW BARRE MARILYN MASTERS SWIM SCOTT		CYCLE BEATS MARILYN GENTLE YOGA TINA MASTERS SWIM SCOTT		FLOW BARRE MARILYN GENTLE YOGA TINA	
12:15PM		WARRIOR RHYTHM ELLEN		WARRIOR STRENGTH ELLEN		
12:30PM	STRETCH NICHOLAS (30)	The ZONE* HAMZA	STRETCH NICHOLAS (30)	The ZONE* HAMZA		
1:00PM	AB LAB NICHOLAS (20)		AB LAB NICHOLAS (20)			SUN 9AM VINYASA FLOW YOGA JEAN (90)
5:30PM	GROUP POWER DANA SPIN JEN	VINYASA YOGA AUGUSTINA WARRIOR STRENGTH ELIZABETH	GROUP POWER DANA	ASHTANGA YOGA CYNTHIA (75)		
5:45PM	The ZONE* TERI		The ZONE* TERI			

CLASS LOCATION KEY:

POOL
STUDIO 1
CYCLE STUDIO
MINDBODY STUDIO
STRECH AREA
*PAID CLASS
ZONE TURF

HOURS:

MONDAY - FRIDAY | 5AM - 9PM
 SATURDAY & SUNDAY | 7AM - 7PM