



GROUP EXERCISE SCHEDULE



JULY 2024

MON	TUES	WED	THUR	FRI	SAT	SUN
5:15am Cycle with Jose	8am Zumba with Angela	5:15am Cycle with Michelle	8:30am MixedFit with Cheryl	5:15am Cycle with Jeff/Michelle		NO GROUP EXERCISE CLASSES
8:30am Zumba with Jacque	9:30am Strength Training with Christa	8:30am Strength/Cardio with Jasmine	9am Zumba with Siu [Gym]	8:30am Zumba with Jacque	8am Cycle with Guy	
9am SilverSneakers Classic with Cheri [Gym]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	9:30am Sprint 8 with Jasmine	9:30am Strength Training with Christa	9:30am Sprint 8 with Jasmine	9:30am Strength Training with Vicki	
9:30am Sprint 8 with Amy	11am HIGHLow Fitness with Elizabeth	10am Spin with Amy	10am Zumba Gold with Siu [Gym]	10am Yoga with Monika	10:45am Zumba with Siu	
10am Spin with Amy	12pm SilverSneakers Chair Yoga with Cheri [In-Person & Zoom]	10am Silver Soul with Jasmine [Gym]	11am HIGHLow Fitness with Elizabeth	10am Kids Flex with Jordan <small>(Elementary school age) [Gym]</small>		
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]		11am Balance & Motion with Julie Kim		11am Chair Yoga with Julie Kim		
12pm Y Firm with Melissa		12pm Y Firm with Melissa		12pm Y Firm with Melissa		
6pm Cardio Mix with Kristie	6pm Tabata HIIT Conditioning with Vicki	5:30pm Mixed Fit with Cheryl	6pm Tabata HIIT Conditioning with Vicki			
6:30pm Abs & Circuit with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Abs & Spin with Darryl [Steelworks]	7pm Yoga with Kristie			

Pool GroupEx

Mondays - Water Fitness @ 5:30p
with Monika [Main Pool]

Tue/Th - Water Fitness @ 8:30a & 9:30a
with Bobbi [Main Pool]

Wednesdays - Aqua Tone @ 11a
with Bobbi [Therapy Pool]

PowerSwim @ 5:30p
with Josh [Lap Lanes]

Aqua Zumba @ 6p
with Janessa [Therapy Pool]

Fridays - Water Fitness @ 8:30a
with Monika [Main Pool]

Please note: Schedule is subject to change. All classes occur in our GroupEx Studio unless otherwise noted.