

GROUP EXERCISE

M A Y 2 0 2 5



MON

TUES

WED

THUR

FRI

SAT

SUN

5:30am
Cycle
with Jose
8:30am
Zumba
with Jacque
9am
SilverSneakers
Classic
with Cheri [Gym]
9:30am
Sprint 8
with Amy
10am
Spin
with Amy
10am
SilverSneakers
Classic
with Cheri [Gym]
[In-Person & Zoom]
12pm
Y Firm
with Melissa
5:30pm
Cardio Mix
with Kristie
6:30pm
Zumba
with Sarah
6:30pm
Core & Strength
with Darryl [Steelworks]

8am
HIIT & Fit
with Olga
9:30am
Strength
Training
with Christa
10am
SilverSneakers
Classic
with Cheri [Gym]
[In-Person & Zoom]
11am
HIGHLow Fitness
with Elizabeth
12pm
SilverSneakers
Chair Yoga
with Cheri
[In-Person & Zoom]
6pm
HIIT &
Conditioning
with Christa
7pm
Yoga
with Kristie

8:30am
Strength/Cardio
with Jasmine
9:30am
Sprint 8
with Jasmine
10am
Spin
with Amy
10am
Silver Soul
with Jasmine [Gym]
11am
Balance &
Motion
with Julie Kim
12pm
Y Firm
with Melissa
4:30pm
General Equipment
Orientation
All members
welcome to attend
5:30pm
Strength Training
with Kim
6:30pm
Core & Endurance
with Darryl [Steelworks]

8am
HIIT & Fit
with Olga
9am
Zumba
with Siu [Gym]
9:30am
Strength
Training
with Christa
10am
Zumba Gold
with Siu [Gym]
11am
HIGHLow Fitness
with Elizabeth
6pm
HIIT &
Conditioning
with Christa
7pm
Yoga
with Kristie

8:30am
Express Cycle
with Guy
9:00am
HIIT CORE
with Jasmine
9:30am
Sprint 8
with Jasmine
10am
Gentle Yoga
with Laura
10am
Kids Flex
with Jordan
(Elementary school age) [Gym]
11am
Chair Yoga
with Julie Kim
12pm
Y Firm
with Melissa

8am
Cycle
with Guy
9:30am
Strength
Training
with Kim
10:45am
Zumba
with Siu

NO GROUP
EXERCISE CLASSES

Pool GroupEx

Mondays - Water Fitness @ 6pm with Monika [Main Pool]

Tues/Thurs - Water Fitness @ 8am & 9am with Bobbi [Main Pool]

Wednesdays - Aqua Tone @ 11am with Janique [Therapy Pool]
PowerSwim @ 6pm with Josh [Lap Lanes]
Aqua Zumba @ 6pm with Janessa [Therapy Pool]

Fridays - Water Fitness @ 8am with Janique [Main Pool]