



Group Fitness Schedule: Fall 2021

Last updated: 11/15/2021 *Senior Friendly!

SUNDAY

10 AM	Yoga	Virtual
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MONDAY

8 AM	Silver Sneakers Circuit*	In-Person
9 AM	Yoga	Virtual
9 AM	Kickboxing	Virtual
9:30 AM	Spinning	In-Person
10 AM	Silver Sneakers Circuit*	Virtual
11 AM	Silver Sneakers Classic*	Virtual
11 AM	ZUMBA Gold*	Virtual
11 AM	Aqua Aerobics*	In-Person
5 PM	Strength Training	Virtual
6 PM	Stretch Out Stress*	Virtual
6 PM	Spinning	In-Person

TUESDAY

8 AM	Meditation*	Virtual
9 AM	Gentle Yoga*	Virtual
9:30 AM	Low-n-Sculpt Aerobics*	In-Person
11 AM	Silver Sneakers Combo*	In-Person
12 PM	Spinning	In-Person
5 PM	Pilates	Virtual
6 PM	ZUMBA	In-Person

Fitness Center Hours *reservations needed

Mon - Thurs: 6 AM - 1 PM & 4 PM - 7 PM
Friday: 6 AM - 1 PM
Sat - Sun: 9 AM - 1 PM

Basketball Court Hours *reservations needed

Mon - Thurs: 6 AM - 10 AM & 4 PM - 8 PM
Friday: CLOSED
Sat - Sun: 9 AM - 1 PM

Pool Hours *reservations needed

Mon - Fri: 6 AM - 8 PM
Sat - Sun: 9 AM - 1 PM

WEDNESDAY

8 AM	Silver Sneakers Circuit*	In-Person
9 AM	Yoga	Virtual
9:30 AM	Spinning	In-Person
10 AM	Silver Sneaker Circuit*	Virtual
11 AM	Silver Sneaker Classic*	Virtual
11 AM	Aqua Aerobics*	In Person
5 PM	Strength Training	Virtual
6 PM	Stretch Out Stress*	Virtual
6 PM	Spinning	In-Person

THURSDAY

8 AM	Meditation*	Virtual
9 AM	Total Body Fusion	Virtual
9 AM	Gentle Yoga*	Virtual
9:30 AM	Low-n-Sculpt Aerobics*	In-Person
11 AM	Silver Sneakers Combo*	In-Person
12 PM	Spinning	In-Person
5 PM	Pilates	Virtual
6 PM	ZUMBA	In-Person

FRIDAY

9 AM	Yoga	Virtual
9:30 AM	Spinning	In-Person
10 AM	Silver Sneaker Circuit*	Virtual
11 AM	AquaFit*	In-Person

SATURDAY

9:30 AM	ZUMBA	In-Person
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