

FALL / WINTER 2022 - 2023 GROUP FITNESS SCHEDULE: AS OF SEPTEMBER 19, 2022

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Cardio & Strength 7:00 - 8:00am		Spin (All Levels) 7:00 - 8:00am		Bootcamp 7:00 - 8:00am		
7:30							
8:00							Spin (All Levels) 8:00 - 9:00am
8:30	Circuit 55+ 8:30 - 9:00am			Circuit 55+ 8:30 - 9:00am			
9:00	HIIT: High Intensity Interval Training 9:15 - 10:15am	ZUMBA® 9:15 - 10:00am	Total Body Challenge 9:15 - 10:15am	Step & Strength 9:15 - 10:15am	Instructor's Choice (All Levels) 9:15 - 10:15am	Total Body Challenge 9:00 - 10:00am	
9:30							
10:00		ZUMBA® 10:05 - 10:50am					Fine Toning 10:00 - 11:00am
10:30							
11:00							
11:30							
12:00							
6:00	Fine Toning 6:00 - 7:00pm	Bootcamp 6:00 - 7:00pm	Strength Training 6:00 - 7:00pm	ZUMBA® 6:00 - 7:00pm			
6:30							
7:00		Spin (All Levels) 7:15 - 8:00pm		HIIT: High Intensity Interval Training 7:15 - 8:15pm			
7:30							
8:00							

* All classes available in-person and virtually.
 Due to capacity restrictions members must register for classes online.
 Schedules subject to change without notice.
 Participants must sign in 10 minutes before the class starts.
 All participants are strongly encouraged to bring their own mats.